

Mediterranean Meatballs & Tzatziki

with Wedges & Greek Salad

Grab your Meal Kit
with this symbol



Potato



Garlic



Tomato



Cucumber



Dill & Parsley
Mayonnaise



Greek Yoghurt



Beef Mince



Italian Herbs



Fine Breadcrumbs




Cos Lettuce
Mix



Kalamata Olives



Fetta Cheese

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Using our favourite ingredients from the sun-soaked Mediterranean region, we've created a meal supercharged with flavour. From the creamy tzatziki to the fetta-studded Greek salad, it's a dinner to remember.

Pantry items

Olive Oil, Balsamic Vinegar, Egg

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
tomato	1	2
cucumber	1	2
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)
Greek yoghurt	1 packet	1 packet
	(100g)	(200g)
beef mince	1 small packet	1 medium packet
Italian herbs	1 sachet	2 sachets
fine breadcrumbs	1 packet	2 packets
cos lettuce mix	1 bag	1 bag
	(30g)	(60g)
kalamata olives	1 packet	2 packets
	1 block	1 block
fetta cheese	(25g)	(50g)
balsamic vinegar*	2 tsp	1 tbs
egg*	1	2
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	510kJ (121Cal)
Protein (g)	45.1g	7.1g
Fat, total (g)	45g	7.1g
- saturated (g)	11.8g	1.9g
Carbohydrate (g)	44.2g	7g
- sugars (g)	9.7g	1.5g
Sodium (mg)	1014mg	161mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1

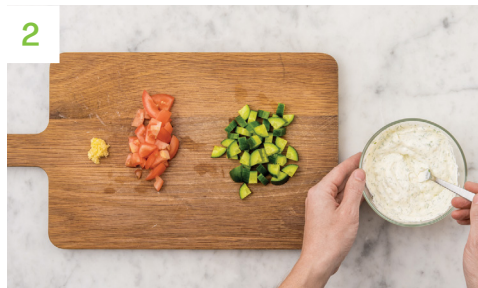


Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on the oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.

2



Get prepped

While the wedges are baking, finely chop the **garlic**. Roughly chop the **tomato** and **cucumber**. In a small bowl, combine the **dill & parsley** **mayonnaise** and **Greek yoghurt**.

3



Make the meatballs

In a large bowl, combine the **beef mince**, **garlic**, **Italian herbs**, **fine breadcrumbs**, **egg** and the **salt**. Using damp hands, take a heaped spoonful of mixture and shape into a small meatball. Transfer to a plate and repeat with remaining mixture. The mixture should make around 5 meatballs per person.

4



Cook the meatballs

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Cook the **meatballs**, in batches, until browned and cooked through, **8-10 minutes**.

5



Make the salad

In a second large bowl, combine the **tomato**, **cucumber**, **cos lettuce mix** and **kalamata olives**. Crumble in the **fetta**. Add the **balsamic vinegar** and a drizzle of **olive oil**, then toss to combine. Season to taste.

6



Serve up

Divide the Mediterranean meatballs, wedges and Greek salad between plates. Serve with the dill & parsley yoghurt on the side.

Enjoy!