



GREEK STYLE BEEF MEATBALLS

A delicious, savory, herb-infused delight. Recipe supplied by Meat & Livestock Australia (MLA).



EASY



15 MINUTES



20 MINUTES



4 SERVES

Ingredients

- 500g lean beef mince
- 1 small red onion, finely diced
- 1 1/2 tbsp oregano leaves, finely chopped + extra sprigs, to serve
- Zest of 1 lemon + extra wedges, to serve
- 1 tbsp olive oil
- 400g tomato passata
- 1/2 cup (125ml) salt-reduced beef stock
- 2 zucchini, cut into 1cm dice
- 2 celery stalks, cut into 1cm dice
- 2 carrots, peeled, cut into 1cm dice
- 80g baby spinach leaves
- 60g feta cheese, crumbled
- Steamed couscous or rice, baby leaf salad, to serve

Instructions

1. Place mince, onion, oregano and lemon zest in a large bowl. Season. Using clean, damp hands mix to combine well. Roll a heaped tablespoon of mince mixture into a ball. Repeat to make 20 meatballs.
2. Heat oil in a large non-stick frypan over medium-high heat. Cook meatballs for 4-5 minutes or until browned. Add tomato passata, stock, zucchini, celery and carrots. Stir well, bring to the boil then reduce heat to a low simmer for 12-15 minutes or until meatballs are cooked through and sauce has thickened. Stir through spinach and season to taste.
3. Sprinkle meatballs with feta and extra oregano. Serve with couscous or rice, salad and lemon wedges.

Top Tips

- Meatballs will freeze well raw or as a cooked dish with the sauce.
- Great meal to have in the freezer – cook some pasta, reheat meatballs, toss through and dinner is ready.
- Swap feta for ricotta or parmesan; swap oregano for thyme or parsley.