



GREEK STYLE BEEF MEATBALLS

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









ASY 15 MINUTES

20 MINUTES 4 SERVES

Ingredients

- 500g lean beef mince
- 1 small red onion, finely diced
- 11/2 tbsp oregano leaves, finely chopped + extra sprigs, to serve
- Zest of 1 lemon + extra wedges, to serve
- 1tbsp 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

- 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.