



Mediterranean Beef Meatballs & Tzatziki

with Wedges & Greek Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Cucumber



Mint



Dill & Parsley Mayonnaise



Yoghurt



Cos Lettuce Mix



Feta



Beef Mince



Italian Herbs



Fine Breadcrumbs

Hands-on: 25-35 mins
Ready in: 30-40 mins

With favourite ingredients from the sun-soaked Mediterranean region, this bowl is supercharged with flavour. From the creamy tzatziki to the feta-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 (medium)	1 (large)
mint	1 bunch	1 bunch
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)
yoghurt	1 small packet	1 large packet
cos lettuce mix	1 bag (30g)	1 bag (60g)
feta	1 block (25g)	1 block (50g)
balsamic vinegar*	2 tsp	4 tsp
beef mince	1 small packet	1 medium packet
Italian herbs	1 sachet	1 sachet
fine breadcrumbs	1 packet	1 packet
egg*	1	2
salt*	¼ tsp	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2830kJ (675Cal)	21700kJ (5180Cal)
Protein (g)	43.4g	333g
Fat, total (g)	33.5g	257g
- saturated (g)	9.3g	71.5g
Carbohydrate (g)	47.9g	367g
- sugars (g)	9.6g	73.6g
Sodium (mg)	716mg	5490mg

Allergens

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

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



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place the wedges on an 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!



Get prepped

While the wedges are baking, finely chop the **garlic**. Roughly chop the **tomato** and **cucumber**. Pick the **mint** leaves and roughly chop. In a small bowl, combine the **dill & parsley mayonnaise**, **yoghurt** and 1/2 the **mint**.



Prep the salad

In a large bowl, add the **tomato**, **cucumber**, **cos lettuce mix** and the remaining **mint**. Crumble in the **feta**. Just before serving, add the **balsamic vinegar** and a drizzle of **olive oil**. Toss to combine and season to taste.

TIP: Toss the salad just before serving to keep the leaves crisp.



Make the meatballs

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



Cook the meatballs

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



Serve up

Divide the Mediterranean beef meatballs, wedges and Greek salad between plates. Spoon over the tzatziki.

Enjoy!