



# 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](https://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!