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Oven Baked Greek Style Meatballs with Orzo and Veggies

On the Greek island of Corfu, meatballs are traditionally served with a fragrant rice. Mimi has mixed it up with an Italian twist of orzo, which is a rice shaped pasta - a perfect accompaniment to both hot or cold dishes (makes great leftovers for lunch!).



35 mins



2.5 of your
5 a day



Onion (1)



Garlic Clove (1)



Vine Tomato (2)



Courgette (1)



Mint (1/2 bunch)



Oregano
(1/4 bunch)



Lamb Mince
(250g)



Panko Breadcrumbs
(10g)



Ground Coriander
(1 1/2 tsp)



Chicken Stock Pot
(1)



Orzo
(180g)



Feta Cheese
(1 block)

2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, grated **1**
- Vine Tomato, chopped **2**
- Courgette, chopped **1**
- Mint, chopped **½ bunch**
- Oregano, chopped **¼ bunch**
- Lamb Mince **250g**
- Panko Breadcrumbs **10g**
- Ground Coriander **1½ tsp**
- Chicken Stock Pot **1**
- Orzo **180g**
- Feta Cheese **1 block**

🌱 Our fruit and veggies may need a little wash before cooking!

Did you know...

Feta is one of the world's oldest cheeses. Homer (not Simpson!) writes about it in his epic, 'The Odyssey'.

Allergens: Milk, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	742 kcal / 3122 kJ	28 g	15 g	76 g	7 g	44 g	1.3 g
Per 100g	142 kcal / 597 kJ	5 g	3 g	15 g	1 g	8 g	0.3 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Preheat your oven to 180 degrees. Peel and chop half the **onion** into 2cm pieces and finely chop the other half. Peel and grate the **garlic** (or use a garlic press if you have one) and roughly chop the **tomato** into 3cm pieces. Cut the top and bottom off the **courgette** and then cut in half lengthways. Cut your **courgette** in half lengthways again to create four strips and then chop into batons about 2cm wide and the length of your index finger. Finely chop the **mint**. Pull the **oregano** leaves off their stalks and finely chop.



2 Add a drizzle of **oil** to a frying pan on medium heat and add in your finely chopped **onion**. Cook for 4 mins, add your **garlic** and cook for 1 minute more. Take off the heat.

3 Add the **lamb mince** to a bowl with the **breadcrumbs**, **ground coriander**, half your **mint**, your cooked **onion** and **garlic**, a pinch of **salt** and a good grind of **black pepper**. Mix together with your hands, then shape your **lamb mixture** into balls (four per person).



4 Add the rest of your **onion** along with your **tomato** and **courgette** to a deep baking dish, drizzle over a glug of **oil**, your **oregano**, a pinch of **salt** and a grind of **black pepper** and give everything a good shake. Add your **meatballs** to the dish as well and then put it on the top shelf of your oven for 25 mins. **Tip:** *The meatballs are cooked when they are no longer pink in the middle.*

5 In the meantime, bring a pot of water to the boil with the **chicken stock pot**. 10 mins before your veggies and meatballs are done, add the **orzo** to your boiling water and cook for 8-9 mins until your **orzo** is 'al dente'. **Tip:** *'Al dente' simply means the pasta is cooked through but has a slight hint of firmness left in the middle.* When your **orzo** is cooked, drain.



6 When your **veggies** and **meatballs** are cooked, get them out of your oven. Add your **orzo** and stir through, then scatter over your remaining **mint** and crumble the **feta** on top.

7 Serve in bowls and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!