

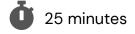




Greek Beef Meatball Ragu

with Buckwheat

Lemon and chilli beef meatballs simmered in a veggie-full tomato ragu and served over buckwheat with fresh oregano and lemon wedges.





4 servings



Spice it up!

Serve this dish with slices of fresh red chilli or a sprinkle of dried chilli flakes.

TOTAL FAT CARBOHYDRATES

36g

FROM YOUR BOX

| BUCKWHEAT | 1 packet (200g) |
|----------------|-----------------|
| LEMON | 1 |
| BEEF MINCE | 500g |
| RED ONION | 1 |
| ZUCCHINI | 1 |
| RED CAPSICUM | 1 |
| TOMATO PASSATA | 1 bottle |
| BABY SPINACH | 1 bag (120g) |
| OREGANO | 1 packet |
| | |

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube, dried chilli flakes

KEY UTENSILS

large frypan, saucepan

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to the boil and cook for 10–12 minutes until tender. Drain and rinse.



2. MAKE & BROWN MEATBALLS

Zest lemon and add to a bowl along with beef mince, 1 tsp chilli flakes, salt and pepper. Mix and form into 12–16 meatballs. Heat a large frypan over medium-high heat with oil. Add meatballs and cook, turning, for 5 minutes until brown.



3. CHOP & ADD VEGETABLES

Meanwhile, wedge red onion, and dice zucchini and capsicum. Once meatballs are browned, remove from pan. Add chopped vegetables to pan and cook for 2 minutes.



4. SIMMER THE RAGU

Add meatballs back to pan. Pour in passata and 1 cup water. Crumble in stock cube. Stir to combine. Cook, semi-covered, for 10 minutes.



5. ADD THE BABY SPINACH

Add baby spinach to pan. Squeeze in juice from half lemon (wedge remaining). Stir to combine. Season to taste with **pepper**.



6. FINISH AND SERVE

Divide buckwheat among shallow plates. Spoon in ragu and meatballs. Garnish with oregano leaves. Serve with lemon wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



