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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: CoCoMe Natural Coconut Yoghurt

This coconut yoghurt is handmade right here in Perth, with a short and clean ingredient list that makes it thick and creamy. You can find a great range of their products on our Marketplace.

CoCoMe

Greek Lentil Meatballs

with Tzatziki

Golden lentil meatballs are baked until crisp and served with fluffy lemon rice, coconut yoghurt and cucumber tzatziki, and fresh cherry tomatoes for a wholesome Greek-inspired classic.

45 minutes | Plant-Based | 4/6 servings

Switch it up!

Cook the meatballs in an air fryer at 200°C for 12–15 minutes for faster, even cooking.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	8g	92g

FROM YOUR BOX

	4 PERSON	6 PERSON
BASMATI RICE	300g	300g +150g
SHALLOT	1	2
GARLIC CLOVES	2	3
PARSLEY	1 packet	2 packets
LEMON	1	2
BROWN LENTILS	2x 400g	3x 400g
TOMATO PASTE	2 sachets	2 sachets
QUINOA FLAKES	40g	40g + 20g
LEBANESE CUCUMBERS	2	3
COCONUT YOGHURT	120ml	2x 120ml
CHERRY TOMATOES	2x200g	2x200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika

KEY UTENSILS

saucepan, food processor, oven tray

NOTES

Use a 1/4 cup measure to make larger meatballs. This will reduce the time you spend rolling meatballs, but be sure to increase the cooking time.

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1. COOK THE RICE

Set oven to 220°C.

Place **rice** in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P - cover rice with 900ml water.



2. MAKE THE MEATBALLS

Roughly chop **shallot, garlic,** and **parsley stems (reserve leaves).** Add to food processor along with **lemon zest, drained lentils** and **2 tsp smoked paprika.** Blend to smooth consistency. Remove to a bowl and add **tomato paste, quinoa flakes, salt and pepper.** Mix to combine.

6P - add zest from 1 1/2 lemons and 3 tsp smoked paprika.



3. FORM & BAKE MEATBALLS

Use **oiled** hands to form tablespoonfuls of **mixture** into **meatballs** (see notes), place on a lined oven tray as you go. Bake for 20-25 minutes until crispy on the outside.

6P - use two oven trays if necessary.



4. MAKE THE TZATZIKI

Grate **1/2 cucumber** (squeeze out excess moisture). Add to a bowl along with **yoghurt, 2 tbsp olive oil, salt and pepper**. Mix to combine.

6P - grate 1 cucumber, add to yoghurt along with remaining ingredients.



5. PREPARE THE TOPPINGS

Crescent remaining **cucumber**, halve **cherry tomatoes** and wedge **1/2 lemon** (reserve remaining lemon)

6P - wedge one whole lemon.



6. FINISH AND SERVE

Squeeze juice from reserved **lemon** into **rice** and mix to combine.

Divide **rice** among bowls. Add **meatballs, toppings, tzatziki** and **lemon wedges**. Garnish with **parsley leaves.**

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