

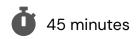




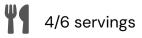
Greek Lentil Meatballs

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.







Switch it up!

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

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. 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 11/2 lemons and 3 tsp smoked paprika.



3. FORM & BAKE MEATBALLS

Use **oiled** hands to form tablespoonfuls for **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 <u>1/2 cucumber</u> (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 <u>1/2 lemon</u> (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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