

Feta-Stuffed Meatballs

with Olive and Cucumber Salad and Roasted Sweet Potatoes

Just when you thought meatballs couldn't get any more exciting, we've gone and mixed ours with feta cheese! These Greek-inspired meatballs are paired with a fresh salad and roasted sweet potatoes for the ultimate dinner plate.



Prep 30 min









Cucumber



Red Onion







Mixed Olives







Cumin



Lemon

Ingredients		2 People	4 People	*Not Included	-1 □ -
Ground Beef		1 pkg (250 g)	2 pkg (500 g)		.⊑
Sweet Potato, cubed		1 pkg (340 g)	2 pkg (680 g)	Allergens	3/4
Cucumber		1	2	1) Milk/Lait	7½ in−
Red Onion, sliced		1 pkg (56 g)	2 pkg (113 g)	2) Sulphites/Sulfites	
Garlic		1 pkg (10 g)	2 pkg (20 g)		. 1/4
Mixed Olives	2)	1 pkg (30 g)	2 pkg (60 g)		Ruler 0 in 1
Oregano		1 pkg (10 g)	1 pkg (10 g)		~ ○
Feta Cheese, crumbled	1)	1 pkg (½ cup)	2 pkg (1 cup)	Tools	
Cumin		1 pkg (1 tsp)	2 pkg (2 tsp)	2 Baking Sheets, Measuring Spoons, Zester, 2 Medium	
Lemon		1	2		
Olive or Canola Oil*				Bowls, Whisk	

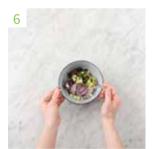
Nutrition per person Calories: 568 cal | Fat: 31 g | Protein: 31 g | Carbs: 45 g | Fibre: 6 g | Sodium: 782 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- 1 Preheat the oven to 425°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!
- **2** Roast the sweet potatoes: Toss the sweet potatoes with the cumin and a drizzle of oil on a baking sheet. Season with salt and pepper. Bake in the centre of the oven, stirring halfway through cooking, until golden-brown, 22-23 min.



- **3 Prep:** Meanwhile, wash and dry all produce. Cut the cucumber into ½-inch cubes. Mince or grate the garlic. Roughly chop the olives. Roughly chop 1 tbsp oregano leaves (double for 4 people). Zest, then juice the lemon(s).
- 4 Make the meatballs: In a medium bowl, combine the beef, garlic, feta and half the oregano. Season with salt and pepper. Roll the mixture into 1-inch round meatballs.



- **5 Cook the meatballs:** Place the **meatballs** on a foil-lined baking sheet. Bake in the centre of the oven, until golden-brown and cooked through, 8-10 min. (**TIP:** Cut a meatball open to make sure it's not pink inside!)
- **6** Finish and serve: In another medium bowl, whisk together the lemon zest, 3 tbsp lemon juice (double for 4 people) and a drizzle of oil. Season with salt and pepper. Toss in the cucumber, red onion, olives and remaining oregano. Divide the olive and cucumber salad, roasted sweet potatoes and meatballs between plates. Enjoy!