



MAY  
2017

## 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



Ground Beef



Sweet Potato



Cucumber



Red Onion



Garlic



Mixed Olives



Oregano



Feta Cheese



Cumin



Lemon

## Ingredients

	2 People	4 People
Ground Beef	1 pkg (250 g)	2 pkg (500 g)
Sweet Potato, cubed	1 pkg (340 g)	2 pkg (680 g)
Cucumber	1	2
Red Onion, sliced	1 pkg (56 g)	2 pkg (113 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Mixed Olives	2) 1 pkg (30 g)	2 pkg (60 g)
Oregano	1 pkg (10 g)	1 pkg (10 g)
Feta Cheese, crumbled	1) 1 pkg (½ cup)	2 pkg (1 cup)
Cumin	1 pkg (1 tsp)	2 pkg (2 tsp)
Lemon	1	2
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Milk/Lait

2) Sulphites/Sulfites

## Tools

2 Baking Sheets, Measuring Spoons, Zester, 2 Medium 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.*

Ruler

0 in ¼ in ½ in ¾ in 1 in

4



**1 Preheat the oven to 425°F (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!**

4



**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**.

6



**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!

Share your masterpiece! Tag your photos with #HelloFreshLife and share on [f](#) [t](#) [@](#)

HelloFresh.ca | hello@hellofresh.ca