







More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

## Oven Baked Greek Style Meatballs with Orzo and Veggies

On the Greek island of Corfu, meatballs are traditionally served with fragrant rice. Mimi has mixed them up with an Italian twist of orzo, which is a rice shaped pasta - a perfect accompaniment to both hot or cold dishes (makes great leftovers for lunch!).



30 mins



family box



2½ of your  
5 a day



Onion (2)



Garlic Clove (2)



Vine Tomato (4)



Courgette (2)



Mint (1 bunch)



Oregano (1 bunch)



Lamb Mince (500g)



Panko Breadcrumbs  
(2 tbsp)




Orzo (360g)



Feta (2 blocks)

## 4 PEOPLE INGREDIENTS

- Onion, chopped **2**
- Garlic Clove, chopped **2**
- Vine Tomato, chopped **4**
- Courgette, chopped **2**
- Mint, chopped **1 bunch**
- Oregano, chopped **1 bunch**
- Lamb Mince **500g**
- Panko Breadcrumbs **2 tbsp**
- Orzo **360g**
- Feta **2 blocks**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Feta is one of the world's oldest cheeses. Homer (not Simpson!) writes about it in his epic, 'The Odyssey'.

**Allergens:** Gluten, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	742 kcal / 3122 kJ	28 g	15 g	76 g	7 g	44 g	1 g
<b>Per 100g</b>	142 kcal / 597 kJ	5 g	3 g	15 g	1 g	8 g	0 g

1



**1** Pre-heat your oven to 180 degrees. Peel and chop half the **onion** into 2cm pieces and finely chop the other half. Peel and finely chop the **garlic** and roughly chop the **tomatoes** into 3cm pieces. Cut the **courgette** in half lengthways, cut in half lengthways again to create four strips and then chop into batons about 2cm wide and the length of your index finger. Finely chop the **mint**. Pull the **oregano** leaves off their stalks and finely chop.

3



**2** Add a drizzle of **oil** to a frying pan on medium heat and add in your finely chopped **onion**. Cook for 4 mins and then add your chopped **garlic** and cook for another minute. Take off the heat.

**3** Put the **lamb mince** in a bowl with the **breadcrumbs**, half your chopped **mint**, your cooked **onion** and **garlic**, a good pinch of **salt** and a good grind of **black pepper**. Mix together with your hands, then shape your **mixture** into balls (four per person).

4



**4** Put the rest of your chopped **onion** along with your **tomatoes** and **courgette** in a deep baking dish, drizzle over a glug of **oil**, your chopped **oregano**, a pinch of **salt** and a good grind of **black pepper** and give everything a good shake. Add your **meatballs** to the dish as well and then put in your oven to cook for 25 mins.

**5** In the meantime, bring a pot of water to the boil with a pinch of **salt**. 10 mins before your veggies and meatballs are done, add the **orzo** to your boiling water and cook for 8-9 mins until your **orzo** is 'al dente'. **Tip:** 'Al dente' simply means that the orzo is cooked through but has a slight hint of firmness left in the middle. When your orzo is cooked, drain.

6



**6** When your **veggies** and **meatballs** are cooked, get them out of your oven. Add your drained **orzo** to the dish and stir through, then scatter on your remaining **mint** and crumble the **feta** over the top.

**7** Serve in bowls and enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!