

# GREEK QUINOA AND LAMB MEATBALL GYROS BOWL



A mouthwatering Greek dinner without any guilt!

**COOKING TIME: 30 MIN**

**CALS 519 | PROT 33.8G | CARBS 34.3G | FAT 26.0G**



## TIPS FOR FUSSY EATERS

Serve the meatballs with roasted potatoes.

## PRO TIP

Classic ingredients in traditional Greek foods include olive oil, herbs, tomatoes, cheese, beef, pork, lamb, fish, shrimp, and wine. Other Greek specialties include yogurt, honey, olives, cheese, sausage, baklava, and olive oil.

## INGREDIENTS

|                  | FOR 2 | FOR 3 | FOR 4 |
|------------------|-------|-------|-------|
| Quinoa           | 70g   | 105g  | 140g  |
| Water            | 200ml | 300ml | 400ml |
| Lamb minced meat | 350g  | 525g  | 700g  |
| Almond flour     | 20g   | 30g   | 40g   |
| Eggs             | 1     | 1     | 2     |
| Fresh parsley    | 20g   | 30g   | 40g   |
| Onion powder     | 2g    | 3g    | 4g    |
| Natural yogurt   | 100g  | 150g  | 200g  |
| Cucumber         | 1     | 1     | 2     |
| Lemon            | 1     | 1     | 1     |
| Romaine lettuce  | 200g  | 300g  | 400g  |
| Cherry tomato    | 150g  | 225g  | 300g  |
| Red bell pepper  | 1     | 1     | 2     |



## 1 COOK THE QUINOA

Place the **quinoa** into a bowl and cover with warm **water**. Then pour into a colander (with very small holes) and drain. Measure the **water** into a medium saucepan and bring to a boil. Add **quinoa**. Simmer covered for 15 minutes until all the liquid is absorbed.



## 4 FRY THE MEATBALLS

Heat **oil** in a pan over medium high heat. Fry the meatballs until cooked through and nicely browned.



## 2 MIX

Meanwhile combine all the meatball ingredients (**minced meat, almond flour, eggs, parsley** and **onion powder**) in a large bowl and mix well.



## 5 MAKE THE TZATZIKI

Grate **cucumber** and press off the excess liquid. Mix the grated **cucumber** and **yogurt**. Season with **lemon juice**, and **salt** and **pepper** to taste.



## 3 FORM THE MEATBALLS

Form into small meatballs.



## 6 SERVE

Chop the **lettuce, cherry tomatoes** and **bell peppers**. Serve the meatballs with the salad and the **quinoa** on top with a dollop of tzatziki.

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