

Greek

Keftedes, Tzatziki, Greek Salad, Rice

400g Fresh Minced Lamb or Turkey or Beef

½ tsp Dried Oregano

½ tsp Cinnamon

8 Mint Leaves (finely chopped)

1 Garlic Clove (crushed and peeled)

1 Small Red Onion (finely sliced)

1 Small Red Pepper (sliced)

1 x 200g Chopped Tinned Tomatoes

2 Spring Onion (sliced)

2 Fresh Tomatoes (diced)

½ Small Cucumber (diced)

1 x 250g Feta Cheese (diced)

1 tblsp Olive Oil

1 x 200g Greek Yoghurt

250g Cooked Hot Rice

Method

1. In a large bowl mix the minced turkey with the dried oregano, cinnamon and four mint leaves. Mix, stir and fold. This mix is best left to marinade for 1 hour.
2. Roll the mixture into equal size balls the size of a large marble.
3. In a wok or shallow frying pan add the garlic clove and the meat balls to the hot pan and keep turning until lightly brown. Add 2 tblsp water, place the lid on and steam for 2 minutes to thoroughly cook the meat balls.
4. Add the red onion, peppers and spring onion stew for 1 minute on a low heat.
5. Add the chopped tinned tomatoes and simmer for 1 minute
6. For the Greek salad mix the half the cucumber, tomatoes, feta cheese and the olive oil in a small bowl.
7. For the Tzatziki grate half the cucumber and mix with the Greek yoghurt.
8. Serve with hot rice
9. Enjoy