

Greek Style Beef Meatballs



Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

500g lean beef mince

1 small red onion, finely diced

1 1/2 tbsp oregano leaves, finely chopped + extra sprigs, to serve

Zest of 1 lemon + extra wedges, to serve

1 tbsp olive oil

400g tomato passata

1/2 cup (125ml) salt-reduced beef stock

2 zucchini, cut into 1cm dice

2 celery stalks, cut into 1cm dice

2 carrots, peeled, cut into 1cm dice

80g baby spinach leaves

60g feta cheese, crumbled

Steamed couscous or rice, baby leaf salad, to serve

Method:

1. Place mince, onion, oregano and lemon zest in a large bowl. Season. Using clean, damp hands mix to combine well. Roll a heaped tablespoon of mince mixture into a ball. Repeat to make 20 meatballs.
2. Heat oil in a large non-stick frypan over medium-high heat. Cook meatballs for 4-5 minutes or until browned. Add tomato passata, stock, zucchini, celery and carrots. Stir well, bring to the boil then reduce heat to a low simmer for 12-15 minutes or until meatballs are cooked through and sauce has thickened. Stir through spinach and season to taste.
3. Sprinkle meatballs with feta and extra oregano. Serve with couscous or rice, salad and lemon wedges.