



Oven baked meatballs and whole-wheat orzo

30'

Hands on

45'

Cook Time

4

Portion(s)

1

Difficulty



Method

- Preheat the oven to 180° C (356° F) set to fan.
- In a **bow**, mix the breadcrumbs, egg, the garlic finely chopped, half of the rosemary, salt, pepper, and ground meat.
- Mix well and shape the mixture into meatballs the size of a walnut.
- Spread them on a **baking pan** lined with parchment paper, and bake them for 15 minutes. Remove from the oven and set aside.
- Heat the olive in a **casserole** placed over medium heat.
- **Finely chop** the carrots, peppers, and onion. Sauté them for 2-3 minutes into the casserole, until slightly golden.
- Add the tomato paste and sauté for 1-2 minutes along with the vegetables.
- Deglaze the casserole with the wine and let it evaporate.
- Add the water, bouillon cube, and pepper.
- As soon as the water starts boiling, add the whole-wheat orzo. Stir for as long as you boil the orzo so that it does not stick to the bottom of the casserole. Boil according to the packet's instructions. If needed, add more water.
- When the orzo is done, remove the casserole from the heat.
- Add the beans and the spinach.
- Put the meatballs into the casserole.
- Mix and then serve.

Ingredients

- 40 g whole-wheat bread, crumbled
- 1 medium egg
- 2 cloves of garlic
- 1 tablespoon rosemary, finely chopped
- salt
- pepper
- 500 g ground beef
- 2 tablespoons olive oil
- 3 carrots
- 1 yellow pepper
- 1 red pepper
- 1 onion
- 1 teaspoon tomato paste
- 100 g white wine
- 1 liter of water
- 1 beef bouillon cube
- pepper
- 250 g whole-wheat orzo
- 300 g canned boiled beans, well-drained
- 100 g baby spinach

Διατροφικός πίνακας

Nutrition information per portion

749 Calories (kcal)	28.0 Total Fat (g)	9.3 Saturated Fat (g)	73.0 Total Carbs (g)
37%	40%	47%	28%
11.0 Sugars (g)	45.0 Protein (g)	12.0 Fibre (g)	0.69 Sodium (g)
12%	90%	48%	12%