



# Greek Roasted Meatball Burgers and Potatoes

**1 hour**

Hands on

**Family**

Portion(s)

**1**

Difficulty



## Method

### For the meatball burgers:

- Preheat oven to 180\* C (350\* F) Fan.
- Finely chop the onion and garlic. Sauté with some olive oil over medium heat, just until nicely caramelized. Set aside to cool.
- Beat the sliced bread in a food processor, until it breaks down.
- Combine the 2 types of ground meat in a bowl.
- Add the milk, olive oil, 1 egg, sautéed onion and garlic, lemon zest, crushed rusks, ground bread slices, parsley, oregano, thyme, salt and pepper.
- Mix until all of the ingredients are completely combined.
- Shape the meatball burgers into patties, whatever size you prefer.

### For the potatoes:

- Preheat oven to 180\* C (350\* F) Fan.
- Cut the potatoes into wedges. Place them in a bowl. Add the lemon juice, mustard, olive oil, wine, rosemary, garlic, salt, and pepper. Toss to coat.
- Transfer potatoes and juices to a 30x40 cm roasting pan. Spread them out in the pan and place the meatball burgers over them.
- Cover with aluminum foil and roast for 40 minutes.
- Remove aluminum foil and roast for 20 minutes, until meat is done and potatoes are golden.
- Serve with a delicious [Greek salad](#).

## Ingredients

- 500 g ground beef
- 500 g ground pork
- 100 g onions, sautéed
- 1 clove of garlic, sautéed
- 100 g sliced bread, coarsely chopped
- 50 g rusks, crushed
- 50 ml milk
- 50 ml olive oil
- parsley, finely chopped
- 1 teaspoon oregano
- 1 teaspoon dry thyme
- the grated zest of 1 lemon
- salt
- pepper
- 1 egg

### For potatoes:

- 1 kilo potatoes
- juice from 1 lemon
- 1 tablespoon mustard, mild
- 50 ml olive oil
- 50 ml white wine
- 100 ml water
- 2 sprigs of fresh rosemary, finely chopped
- 1 clove of garlic, minced
- salt
- pepper
- 1 teaspoon oregano
- 1 teaspoon dry thyme

### Serve with:

- [Greek Salad](#)

## Διατροφικός πίνακας

Nutrition information per portion

607 Calories (kcal)	27.9 Total Fat (g)	7.5 Saturated Fat (g)	44.0 Total Carbs (g)
30%	40%	38%	17%

4.8 Sugars (g)	42.0 Protein (g)	4.7 Fibre (g)	1.9 Sodium (g)
5%	84%	19%	31%