



Greek-style power bowl

45'
Hands on

25'
Cook Time

4-6
Portion(s)

2
Difficulty



Ingredients

For the meatballs

- 1 onion
- 2 clove(s) of garlic
- 500 g ground chicken
- 1 egg, medium
- salt
- pepper
- 1/2 teaspoon(s) cumin
- 1/2 teaspoon(s) oregano
- lemon zest, of 1 lemon
- 30 g dry breadcrumbs
- 1 tablespoon(s) thyme leaves
- 50 g olive oil
- 100 g all-purpose flour, for the breading

For the tzatziki sauce

- 1 cucumber
- 6 sprig(s) dill
- 1 tablespoon(s) capers
- 250 g strained yogurt
- 1 tablespoon(s) vinegar, white wine
- salt
- pepper

For the salad

- 150 g green beans
- 100 g quinoa
- 10 cherry tomatoes
- 1 cucumber
- 100 g feta cheese
- 50 g olive oil
- salt
- pepper

Method

For the meatballs

- Finely chop the onion and the garlic.
- In a **bowl** add the ground chicken, onion, garlic, egg, salt, pepper, cumin, oregano, lemon zest, dried breadcrumbs, and thyme.
- Mix with your hands until you get a uniform mixture.
- Shape the mixture into 20 meatballs.
- Heat the olive oil in a **frying pan** over medium heat.
- Put the flour into a bowl and dip the meatballs in, one by one.
- Remove the excess flour with your hands.
- Sauté the meatballs for 8-10 minutes, rolling them into the pan until golden on all sides.
- Remove the meatballs from the pan and transfer them to a plate with paper towels.

For the tzatziki

- In a food processor add the cucumber, dill, capers, and process until completely ground.
- Transfer the mixture to a cheesecloth or to a dish towel, and squeeze it with your hands to remove all the juices.
- In a bowl mix the yogurt, vinegar, salt, and pepper.
- Add the mixture from the towel into the bowl and mix with a spoon.
- Refrigerate the tzatziki sauce until needed.

For the salad

- Add plenty of water into a **pot** and place it over medium heat.
- Add salt and bring to a boil.
- Trim the green beans, remove their fibrous "strings", and boil them for 2 minutes, until slightly tender.
- Remove the green beans with a slotted spoon and put them in a bowl with water and ice to cool. This way, they will keep their bright green color.
- Add the quinoa into the pot with the water that is already boiling from the green beans, and boil it for 15 minutes until tender.
- Drain and set it aside to cool.

To assemble

- Cut the cherry tomatoes in half, the cucumber into slices, and the feta cheese into cubes.
- Divide the quinoa among bowls, along with the green beans, cherry tomatoes, cucumber, feta cheese, and drizzle with the olive oil.
- Season with salt and pepper and add the meatballs along with the tzatziki sauce.
- Serve.

Διατροφικός πίνακας

Nutrition information per portion

441 Calories (kcal)	19.0 Total Fat (g)	5.5 Saturated Fat (g)	32.0 Total Carbs (g)
22%	27%	28%	12%
8.6 Sugars (g)	32.0 Protein (g)	4.4 Fibre (g)	1.5 Sodium (g)
10%	64%	18%	25%