



Tuna meatballs

20'
Hands on

4'
Cook Time

12
Portion(s)

1
Difficulty



Method

- Place a frying pan over high heat and add the olive oil. Add the onion, the leek and the garlic finely chopped, and sauté them for 3-4 minutes until caramelized.
- Transfer the veggies into a bowl and -ideally- let them cool for 5 minutes.
- Add the dried breadcrumbs, the fennel seeds, the zest, pepper, salt, the mint (στο αγγλικό), the tuna drained, and the egg. Mix well until the ingredients are homogenized.
- Place a frying pan with the seed oil over medium heat and let it get very hot.
- Shape 12 meatballs of the mixture (20 g each) and add them into a baking pan with the flour.
- Transfer them to the hot oil and fry them for 3-4 minutes, until golden and cooked through.
- Remove, transfer them to paper towels, and let them cool a little.

To serve

- In a bowl mix the yogurt, the mint, salt, pepper, and set it aside.
- Thread the tuna meatballs onto wooden skewers along with the cherry tomatoes or the pepper, and serve with the yogurt sauce.

Ingredients

- 2 tablespoon(s) olive oil
- 1 onion
- 1 leek
- 1 clove(s) of garlic
- 30 g dry breadcrumbs
- 1 teaspoon(s) fennel seeds
- 1 tablespoon(s) mint
- lemon zest, of 1 lemon
- salt
- pepper
- 160 g tuna
- 1 egg, medium
- all-purpose flour, for the breading
- 300 ml seed oil

To serve

- 100 g cherry tomatoes
- 1 green bell pepper
- 250 g strained yogurt
- 1 tablespoon(s) mint
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

98 Calories (kcal)	7.1 Total Fat (g)	1.3 Saturated Fat (g)	4.4 Total Carbs (g)
5%	10%	7%	2%
1.1 Sugars (g)	4.0 Protein (g)	0.6 Fibre (g)	0.24 Sodium (g)
1%	8%	2%	4%