

Hello
FRESH

(02) 8188 8722 | HelloFresh.com.au

WK07
2017

Fetta Stuffed Meatballs with Olive & Cucumber Salad

Just when you thought meatballs couldn't get any more exciting, we've gone and filled these with fetta cheese! Don't forget to go to the effort to cut your sweet potato into fairly small chunks. It will ensure they're cooked quickly and nice and crispy!



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 1



high
protein

Pantry Items



Olive Oil



Sweet Potato



Garlic



Beef Mince



Fresh Oregano



Fetta



Cucumber



Red Onion



Kalamata Olives

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
400 g	800 g	sweet potatoes, unpeeled & cut into 2 cm chunks
2 tbs	4 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
1 packet	2 packets	beef mince
1 bunch	2 bunches	oregano, leaves picked & roughly chopped
1 block	2 blocks	fetta cheese, cut into 1cm cubes
1	2	cucumber, cut into 1cm cubes
¼	½	red onion, finely sliced
1 tub	2 tubs	kalamata olives, halved (check for pits)

Ingredient features in another recipe

*

Pantry Items

Pre-preparation

Nutrition per serve

Energy	2490	Kj
Protein	35	g
Fat, total	34.7	g
-saturated	10.9	g
Carbohydrate	33.6	g
-sugars	13.7	g
Sodium	750	mg



You will need: chef's knife, chopping board, three medium bowls, oven tray lined with baking paper, large frying pan and tongs.

- Preheat oven to 220°C/200°C fan-forced.
- In a medium bowl mix together the **sweet potato**, 1/2 of the **olive oil**, **garlic** and season with **salt** and **pepper**. Place on a lined baking tray and bake for **20-30 minutes**, or until golden and cooked through. Set aside.
- Meanwhile, in a separate medium bowl mix together the **beef mince** and half the **oregano** and season with salt and pepper. Roll the beef mince into meatballs (you should get about three per person), insert **fetta cheese** into the middle of each meatball and squeeze to seal tightly. Set aside.
- Heat a dash of olive oil in a large frying pan over a medium-high heat. Add the meatballs and cook, turning, for **8-9 minutes** or until browned and cooked through.
- Meanwhile, in a medium bowl, combine the **cucumber**, **red onion**, **Kalamata olives** and the remaining oregano and olive oil. Season with salt and pepper.
- To serve, divide the sweet potatoes, Greek salad and meatballs between plates. Enjoy!

Did you know? Fetta is one of the world's oldest cheeses and is even referred to in Homer's Odyssey.