Greek Style Beef Meatballs



Recipe supplied by Meat & Livestock Australia (MLA).

Ingredients

500g lean beef mince 1 small red onion, finely diced 1 1/2 tbsp oregano leaves, finely chopped + extra sprigs, to serve Zest of 1 lemon + extra wedges, to serve 1 tbsp olive oil 400g tomato passata 1/2 cup (125ml) salt-reduced beef stock 2 zucchini, cut into 1cm dice 2 celery stalks, cut into 1cm dice 2 carrots, peeled, cut into 1cm dice 80g baby spinach leaves 60g feta cheese, crumbled

Method:

- Place mince, onion, oregano and lemon zest in a large bowl. Season. Using clean, damp hands mix to combine well. Roll a heaped tablespoon of mince mixture into a ball. Repeat to make 20 meatballs.
- 2. Heat oil in a large non-stick frypan over medium-high heat. Cook meatballs for 4-5 minutes or until browned. Add tomato passata, stock, zucchini, celery and carrots. Stir well, bring to the boil then reduce heat to a low simmer for 12-15 minutes or until meatballs are cooked through and sauce has thickened. Stir through spinach and season to taste.
- 3. Sprinkle meatballs with feta and extra oregano. Serve with couscous or rice, salad and lemon wedges.