

Greek meatballs (keftedes)

Can be served as a starter (meze) with pitta bread and tzatziki or why not add to a rich tomatoey sauce and turn into a main course to go with rice or pasta?

INGREDIENTS to make 20

250g minced beef

100g minced pork

$\frac{1}{2}$ red onion

Clove of garlic

75g breadcrumbs

1 egg

1tbsp parsley (dried or fresh) chopped

1tbsp mint (dried or fresh) chopped

1tbsp olive oil

1tbsp wine vinegar

1tsp oregano

1tsp salt

Pepper

Oil for frying

Flour for dredging





METHOD

If baking the meatballs, preheat oven to 200°C.

1. Place all the ingredients in a bowl (except for last two) and mix well for 5 or so minutes, squeezing together with your hands to blend the flavours. Cover the bowl and let it rest in the fridge for about 45 minutes.



2. Remove the mix from the fridge and shape into meatballs about the size of a small sausage (5cm). Dredge a little flour over each one and shake off any excess. (You only need to dredge if you are frying them).

3. The traditional way to cook these is to fry them but you can also bake them. If frying, cook 10 at a time until browned on all sides. If baking, place the meatballs on a greased tray about 2.5 cm apart and bake for about 20 minutes. Turn the meatballs over midway through.



Serve your way and enjoy.

TIP

You can make these as a vegetarian option. If using Quorn, do not defrost and just add the rest of the ingredients as normal.



As I was using the mixer to make breadcrumbs, I also chopped the onion in there to save a bit of time. I'll be honest, I don't like chopping onions at the best of times.