



Greek Meatballs

4 servings
30 minutes

Ingredients

450 grams Lamb Mince
1/4 cup Parsley (chopped)
1/4 cup Mint Leaves (chopped)
1 1/2 tsps Oregano (dried)
1/4 tsp Sea Salt
1 Lemon (zested)
1/2 cup Unsweetened Coconut Yogurt

Directions

- 1 Preheat the oven to 220°C (425°F) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the ground lamb, parsley, mint, oregano, sea salt and lemon zest. Mix well using your hands. Roll into balls roughly the size of a golf ball and place on the baking sheet. Cook for 15 to 20 minutes. Remove and serve with coconut yogurt as a dip. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 4 meatballs and 2 tbsp of coconut yogurt.

No Lamb: Use beef or venison mince instead.

Additional Toppings: Add grated cucumber, garlic and lemon to the coconut yogurt to make your own tzatziki dip.