

**OVERALL time: 45 mins**

# Baked Meatball Bowls

Delicious meatballs with a Mediterranean twist. Ideal for lunch or snack plus quick to cook and assemble. A firm favourite!

Metric

**Number of servings : 4**

## ingredients

### For the tahini sauce

- 120 g tahini
- 125 ml water
- 2 Tbsp lemon juice
- 1 clove garlic
- **Cape Herb and Spice Atlantic Sea Salt - Ceramic**

### For the meatballs

- 1 diced onion, diced
- 500 g beef mince
- 100 g breadcrumbs
- 250 g ricotta cheese
- 50 g parmesan cheese, finely grated
- 1 Tbsp **Cape Herb and Spice Texan Steakhouse Rub**
- 1 large egg
- 2 Tbsp parsley, chopped
- 2 Tbsp oregano, chopped leaves

### For the salad

- 4 sliced mini cucumbers, sliced
- 2 diced large tomatoes
- 100 g feta cheese, crumbled
- 0.5 sliced red onion
- 2 Tbsp red wine vinegar
- 2 cups brown rice, cooked
- 100 g crunchy lettuce leaves

#### For cooking

- olive oil

#### To Taste

- **Cape Herb and Spice Salt & Pepper**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 30 mins | COOKING TIME: 15 mins**

#### For the tahini sauce:

Combine all ingredients in a small bowl and whisk.

Tahini paste thickness differs by brand so add enough water until the sauce is a nice pouring consistency.

Taste to adjust seasoning and set aside until serving.

#### For the meatballs:

Preheat oven to 200°C with the fan on.

Heat a drizzle of olive oil in a small frying pan.

Fry the onion until cooked and lightly caramelised.

Transfer onion to a large mixing bowl.

Add the rest of the meatballs ingredients and season well with **Cape Herb & Spice Texan Steakhouse Rub**.

Mix the meatball mixture thoroughly and then roll into little balls.

Place the meatballs onto a large lightly greased baking tray.

Bake meatballs for 12-15 minutes until golden brown on the outside but still tender and juicy on the inside.

#### For the salad:

Combine the cucumber, tomato, feta and red onion in a large bowl.

Season with **Cape Herb & Spice Salt and Pepper**.

Drizzle with red wine vinegar.

Toss to mix well.

#### Assembly:

Plate a little brown rice in each bowl followed by some of the tossed salad and arrange a few lettuce leaves alongside.

Top rice with a few warm meatballs and then generously drizzle over some of the tahini sauce. Mix everything a little together and enjoy!

<https://capeherb.co.za>

Metric

## ingredients

#### **For the tahini sauce**

- 120 g tahini
- 125 ml water
- 2 Tbsp lemon juice
- 1 clove garlic
- **Cape Herb and Spice Atlantic Sea Salt - Ceramic**

#### **For the meatballs**

- 1 diced onion, diced
- 500 g beef mince
- 100 g breadcrumbs
- 250 g ricotta cheese
- 50 g parmesan cheese, finely grated
- 1 Tbsp **Cape Herb and Spice Texan Steakhouse Rub**
- 1 large egg
- 2 Tbsp parsley, chopped
- 2 Tbsp oregano, chopped leaves

#### **For the salad**

- 4 sliced mini cucumbers, sliced
- 2 diced large tomatoes
- 100 g feta cheese, crumbled
- 0.5 sliced red onion
- 2 Tbsp red wine vinegar
- 2 cups brown rice, cooked
- 100 g crunchy lettuce leaves

#### **For cooking**

- olive oil

#### **To Taste**

- **Cape Herb and Spice Salt & Pepper**

**Number of servings : 4**

## **THIS IS WHAT YOU WILL NEED TO DO**

**PREP TIME: 30 mins | COOKING TIME: 15 mins**

#### **For the tahini sauce:**

Combine all ingredients in a small bowl and whisk.

Tahini paste thickness differs by brand so add enough water until the sauce is a nice pouring consistency.

Taste to adjust seasoning and set aside until serving.

**For the meatballs:**

Preheat oven to 200°C with the fan on.

Heat a drizzle of olive oil in a small frying pan.

Fry the onion until cooked and lightly caramelised.

Transfer onion to a large mixing bowl.

Add the rest of the meatballs ingredients and season well with **Cape Herb & Spice Texan Steakhouse Rub**.

Mix the meatball mixture thoroughly and then roll into little balls.

Place the meatballs onto a large lightly greased baking tray.

Bake meatballs for 12-15 minutes until golden brown on the outside but still tender and juicy on the inside.

**For the salad:**

Combine the cucumber, tomato, feta and red onion in a large bowl.

Season with **Cape Herb & Spice Salt and Pepper**.

Drizzle with red wine vinegar.

Toss to mix well.

**Assembly:**

Plate a little brown rice in each bowl followed by some of the tossed salad and arrange a few lettuce leaves alongside.

Top rice with a few warm meatballs and then generously drizzle over some of the tahini sauce. Mix everything a little together and enjoy!

<https://capeherb.co.za>