

Greek Meatballs and Rice Bowl

Serves Four **I served it with Greek Bean Salad*



Ingredients For the Meatballs

- 2 tablespoons olive oil
- ½ cup scallions, finely chopped
- 2 cloves garlic, minced
- 1 ½ pounds ground chicken
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground black pepper
- ½ cup panko (or bread crumbs)
- 2 cups baby spinach leaves, finely chopped
- 1 cup feta cheese, crumbled
- ¼ cup parmesan cheese, grated
- 1 egg

Steps for the Meatballs

1. Preheat oven to 350°F. Prepare a baking sheet pan with foil and spray or brush with olive oil.
2. In a large bowl combine all the ingredients. Using your hands, mix together ensuring everything is incorporated but do not over mix.
3. With a cookie scoop or two spoons portion out equal balls about 2-inches in diameter. Place meatballs onto the prepared baking sheet pan. Bake for 15 - 20 minutes or until the internal temperature of the meatballs reaches 165°F. Serve on top of rice. Top with tzatziki.

Ingredients for the Rice

- 3 tablespoons olive oil
- ½ cup onions, finely chopped
- 1 clove garlic, minced
- 2 cups basmati rice, rinsed well
- 1 teaspoon Kosher salt
- 3 cups chicken or vegetable stock
- ¼ cup freshly squeezed lemon juice
- Handful of fresh parsley, finely chopped
- Zest of one lemon

Steps for the Rice

1. Rinse the rice well. Drain.
2. Using a large glass measuring cup (or a small pot on the stove), heat the chicken (or vegetable) stock in the microwave until it is simmering.
3. Heat olive oil in a medium-size pot over medium-high heat. Add the onions and garlic. You do not want them to turn brown. Stir to coat with oil and as soon as you start to smell them add the rice. Stir the rice to coat in the oil. Season with salt and pepper.
4. Slowly add the hot chicken stock to the pot with the rice (be careful). Give it all a good stir. Bring it to a boil then reduce heat to a simmer. Add lemon juice and cover pot. Allow rice to simmer on very low heat (about 20 - 25 minutes). To check if rice is done, drag a spoon at the bottom of the pot. If there is no stock left, rice is done.
4. Fluff rice with spoon, add lemon zest and parsley. Remove from pot to serving platter. Serve warm.

Ingredients For the Tzatziki

- 2 cups plain Greek yogurt (or Labne)
 - 3 tablespoons olive oil
 - 2 cloves garlic, minced
 - ¾ teaspoon Kosher salt
 - ¼ teaspoon freshly ground black pepper
 - 1 English cucumber, seeded and grated or thinly sliced
 - 2 tablespoons fresh dill, minced
 - 2 tablespoons freshly squeezed lemon juice
- To make:** Combine all ingredients together. Taste for seasoning. Serve with meatballs.