



OVERALL time: 40 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
- 120 ml Water
- 1 Clove of garlic, finely grated

For the Meatballs

- 1 Onion, diced
- 500 g Beef Mince
- 100 g Breadcrumbs
- 250 g Ricotta cheese, smooth
- 50 g Parmesean, finely grated
- 15 ml **Eat.Art BBQ Grill 8 Tube**
- 1 Large egg
- 30 ml Parsley, chopped
- 30 ml Oregano leaves, chopped

For the Salad

- 2 Large tomatoes, diced
- 100 g Feta Cheese, crumbled
- 1 Red onion, thinly sliced
- 30 ml Red wine vinegar
- 30 ml Cooked brown rice
- 100 g Crunchy lettuce leaves

For cooking

- Olive oil

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 20 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 the **Texan BBQ Rub** from the **BBQ Grill 8 Tube Gift Set**.

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.

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