

Greek Meatball Bowls with Tzatziki - A Fresh and Flavorful Mediterranean Meal

Looking for a meal that hits all the notes-



OVEN
400°F

TIME
10 min

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INGREDIENTS

For the Greek Meatballs ?:

- 500g ground beef or lamb (or a mix)
- ... cup breadcrumbs (or almond flour for gluten-free)
- 1 egg
- 2 garlic cloves, minced
- ... cup red onion, finely chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tsp dried oregano
- ‰ tsp ground cumin
- Salt & pepper to taste

For the Tzatziki Sauce ?:

- ‰ cup Greek yogurt
- ... cup cucumber, grated and squeezed dry
- 1 garlic clove, minced
- 1 tbsp olive oil
- Juice of ‰ lemon

For the Bowl Base ?:

- 2 cups cooked jasmine rice, basmati rice, or cauliflower rice

For the Fresh Veggies ?:

- 1 cup cherry tomatoes, halved
- 1 cup cucumber, sliced
- ‰ cup red onion, thinly sliced

For Garnish (Optional) ?:

... cup crumbled feta cheese
1 tbsp olive oil drizzle
Lemon wedges for serving

DIRECTIONS

1. Make the Meatballs: In a mixing bowl, combine ground meat, breadcrumbs, egg, garlic, onion, parsley, dill, oregano, cumin, salt, and pepper. Mix until just combined-don't overwork it.
2. Roll into small meatballs about 1.5 inches in diameter.
3. Cook the Meatballs: Option 1 - Pan-fry: Heat a skillet over medium heat with a bit of olive oil. Sear meatballs for 8-10 minutes, turning to brown all sides.
4. Option 2 - Bake: Place meatballs on a baking sheet lined with parchment. Bake at 400°F (200°C) for 20 minutes, flipping halfway through.
5. Prepare the Tzatziki: In a bowl, mix yogurt, cucumber, garlic, olive oil, dill, lemon juice, salt, and pepper. Stir well and refrigerate until ready to serve.
6. Assemble the Bowl: In 4 bowls, divide your rice base. Add a few meatballs to each bowl. Top with cherry tomatoes, cucumber slices, and red onion.
7. Drizzle and Garnish: Drizzle with chilled tzatziki sauce. Sprinkle with feta, drizzle olive oil, and serve with lemon wedges.

SWAPS & NOTES

- bold flavor , nourishing ingredients , and eye-catching presentation ?

This Greek Meatball Bowl with Tzatziki, Rice & Fresh Veggies is the Mediterranean-inspired lunch or dinner you didn't know

you needed.

It's a well-balanced bowl featuring juicy herb-packed meatballs, a creamy homemade tzatziki sauce, a base of fluffy rice, and crisp fresh vegetables.

Meal prep friendly - Everything can be prepped in advance and

assembled in minutes.

TIPS FOR SUCCESS

Dry your cucumbers well for a thick, creamy tzatziki.

Chill the sauce at least 15 minutes to let flavors meld.

Don't overcrowd the pan if pan-frying-do it in batches for even browning.

Make a double batch of meatballs to freeze for a future bowl night! ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/greek-meatball-bowls-with-tzatziki-a-fresh-and-flavorful-mediterranean-meal/>