

The Best 30-Minute Meatball Dinner: Healthy, Hearty, and Family-Approved

Juicy Meatballs with Rice & Roasted Veggies



OVEN
400°F

TIME
25 min

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INGREDIENTS

The Meatballs:

400 g Ground Beef: You can also use a 50/50 mix of beef and pork for extra moisture.

1 Large Egg: Acts as the binder to keep your meatballs from falling apart.

1/2 Cup Breadcrumbs: To provide structure and hold in the juices.

1 Small Onion: Finely chopped or even grated for better texture.

2 Cloves Garlic: Minced fresh for that essential aromatic punch.

1 tbsp Fresh Parsley: Chopped fine.

1 tsp Paprika: Adds a subtle smokiness and color.

1 tsp Dried Oregano: Provides an earthy, Mediterranean vibe.

Salt & Pepper: To taste.

1 tbsp Olive Oil: For frying.

The Rice:

1 Cup Basmati Rice: Chosen for its fragrance and long, separate grains.

2 Cups Water: The standard ratio for perfect fluffiness.

Pinch of Salt: To season the grain from within.

Roasted Vegetables:

1 Zucchini: Sliced into rounds or half-moons.

1 Red Bell Pepper: Chopped into bite-sized chunks.

1 Cup Butternut Squash: Diced into small cubes to ensure they cook quickly.

1 tbsp Olive Oil: For roasting.

1 tsp Dried Thyme: Pairs beautifully with the sweetness of the squash.

DIRECTIONS

- 1.** Prep the : Vegetables: Preheat your oven to 400°F (200°C). On a large sheet pan, toss the sliced zucchini, chopped red bell pepper, and diced butternut squash with 1 tablespoon of olive oil, dried thyme, salt, and pepper. Spread them in a single layer.
- 2.** Roast: Place the vegetables in the oven and roast for 20-25 minutes. Give the pan a shake halfway through to ensure even browning.
- 3.** Cook the : Rice: While the veggies roast, rinse your basmati rice under cold water until the water runs clear. Combine the rice, 2 cups of water, and a pinch of salt in a small pot. Bring to a boil, then reduce heat to low, cover, and simmer for 12-15 minutes. Once done, remove from heat and let it sit covered for 5 minutes before fluffing with a fork.
- 4.** Mix the : Meatballs: In a large bowl, combine the ground beef, egg, breadcrumbs, onion, garlic, parsley, paprika, oregano, salt, and pepper. Use your hands to mix until just combined-do not overwork the meat, or the meatballs will be tough.
- 5.** Form and : Fry: Roll the mixture into balls (about 1.5 inches in diameter). Heat olive oil in a large skillet over medium-high heat. Add the meatballs and fry, turning occasionally, until browned on all sides and cooked through (about 8-10 minutes).
- 6.** Assemble: Serve a generous portion of rice alongside the roasted vegetables, topped with the juicy meatballs. Garnish with extra fresh parsley.

SWAPS & NOTES

The Grain: While basmati is my favorite, you can easily swap it for jasmine rice, brown rice, or even quinoa.

For a lower-carb option, cauliflower rice works beautifully.

The Meat: If you want a leaner meal, ground turkey or chicken works well.

Just be sure not to overcook them, as poultry can dry out faster than beef.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: When frying the meatballs, give them space.

If the pan is too full, they will steam instead of sear, and you'll miss out on that delicious crust.

Uniform Sizing: Cut your butternut squash into smaller cubes than the zucchini.

Squash takes longer to cook, so smaller pieces ensure everything on the sheet pan finishes at the same time.

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

Original recipe: <https://chefmaniac.com/the-best-30-minute-meatball-dinner-healthy-hearty-and-family-approved/>