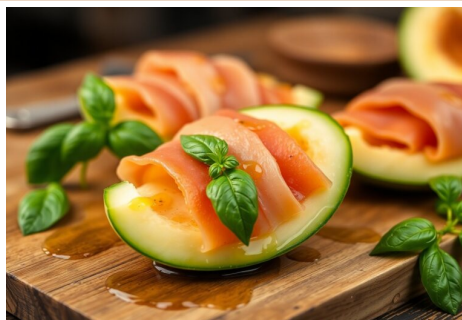


## Easy Meatballs with Rice Bowl and Roasted Vegetables

Juicy Meatballs with Rice and Roasted Vegetables



**OVEN**  
**400°F**

**TIME**  
**25 min**

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**SAVE**  
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### INGREDIENTS

For the Meatballs:

400 g ground beef (or beef and pork mix)

1 egg

1/2 cup breadcrumbs

1 small onion, finely chopped

2 garlic cloves, minced

1 tbsp fresh parsley, chopped

1 tsp paprika

1 tsp dried oregano

Salt, to taste

Black pepper, to taste

1 tbsp olive oil (for frying)

For the Rice:

1 cup basmati rice

2 cups water

Pinch of salt

For the Roasted Vegetables:

1 zucchini, sliced

1 red bell pepper, chopped

1 cup butternut squash, diced

1 tbsp olive oil

1 tsp dried thyme

### DIRECTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Cook the Rice: In a saucepan, combine the basmati rice, water, and a pinch of salt.
3. Bring to a boil, then reduce heat, cover, and cook until the rice is tender and fluffy. Fluff with a fork and set aside.
4. Prepare the Meatball Mixture: In a large bowl, combine:
5. Ground beef
6. Egg
7. Breadcrumbs
8. Chopped onion
9. Minced garlic
10. Fresh parsley
11. Paprika
12. Oregano
13. Salt and black pepper
14. Mix until everything is evenly combined.
15. Form the Meatballs: Shape the mixture into small, evenly sized meatballs.
16. Cook the Meatballs: Heat olive oil in a skillet over medium heat.
17. Add the meatballs and cook until browned on all sides and cooked through, turning occasionally.
18. Prepare the Vegetables: In a bowl, toss the zucchini, red bell pepper, and butternut squash with:
19. Olive oil
20. Dried thyme

21. Salt
22. Black pepper
23. Roast the Vegetables: Spread the vegetables evenly on a baking sheet.
24. Roast for 20-25 minutes until tender and slightly caramelized.
25. Assemble the Meal: Serve the juicy meatballs alongside fluffy basmati rice and roasted vegetables. Garnish with fresh parsley if desired.

## SWAPS & NOTES

One of the best parts of this recipe is how easily it can be customized.

**Meat options** You can substitute ground turkey or chicken for a leaner version of the meatballs.

Rice substitutes Brown rice, jasmine rice, or even quinoa works well in place of basmati rice.

Vegetable swaps Broccoli, carrots, sweet potatoes, or Brussels sprouts are great alternatives for roasting.

## TIPS FOR SUCCESS

Don't overmix the meatball mixture Overmixing can make meatballs dense instead of tender.

Use evenly sized meatballs This helps them cook at the same rate.

Spread vegetables in a single layer Crowded vegetables will steam rather than roast.

Let the meatballs rest briefly Allowing them to sit for a few minutes keeps them juicy.

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

Original recipe: <https://chefmaniac.com/easy-meatballs-with-rice-bowl-and-roasted-vegetables/>