



Turkey Meatballs with Zucchini

🕒 70–90 Min 

Preparation

- 1 Grate the zucchini and transfer it to a bowl. Add the turkey, Crispy Poh mix and herbs, then pour in 80 ml water. Mix well and refrigerate for 15 minutes.
- 2 Shape the mixture into golf ball-sized meatballs, approximately 40 g each.
- 3 For pan or grill cooking, heat a little oil and cook half of the meatballs for about 10 minutes, turning occasionally. For oven baking, preheat the oven to 200°C with fan. Arrange the meatballs on a baking tray lined with baking paper and bake for 8 minutes.
- 4 Bring a pot of salted water to the boil. Cook the pearl couscous according to the package instructions. Drain, rinse with cold water and leave to cool.
- 5 Dice the cucumber and feta cheese. Halve the cherry tomatoes and olives. Slice the shallot into thin half-moons. In a small bowl, mix together the olive oil, honey, Italian Herb Blend, salt, lemon zest and lemon juice.
- 6 Combine the couscous, cucumber, tomatoes, olives, shallot and feta in a large bowl. Pour over the dressing and toss well.
- 7 Serve the salad with the meatballs and hummus.

Ingredients 6 Portions

♦ = Kotányi Produkte

Meatballs

500 g	Ground turkey
1	Small zucchini (about 150 g)
1 packet	♦ Crispy breading mix, garlic
1 tsp	♦ Parsley, Chopped
1 tsp	♦ Oregano, Crushed

Pearl Couscous Salad

200 g	Pearl couscous
1	Cucumber
250 g	Cherry tomatoes
150 g	Feta cheese
80 g	Olives
1	Shallot
50 ml	Olive oil
1 tsp	Honey
1 tsp	♦ Italian Herbs
0.25 tsp	♦ Table Salt
	Zest and juice of 0.5 lemon
100 g	Hummus, for serving

