

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