

RECIPE | CUCUMBERS



GREEK CHICKEN MEATBALL BOWL



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Recipe created by *Heather England*



25 min

10 min
PREP

15 min
COOKING



6



easy

INGREDIENTS

For the bowl:

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, divided and diced
- 1 cup** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1 cup** Pure Flavor® Bumbles® Yellow Grape Tomatoes, halved
- 4 cups** brown rice, cooked
- ¼ cup** red onion, thinly sliced
- Fresh mint and parsley, for garnish

For the meatballs:

- 2 lb** ground chicken
- 4** garlic cloves, minced
- ¼ cup** red onion, finely diced
- 2 tbs** fresh parsley, chopped
- 2 tbs** fresh mint, chopped
- 1 ½ tsp** sea salt
- 1 tsp** dried oregano
- 1 tsp** dried dill
- ½ tsp** chili powder
- ¼ tsp** pepper

For the tzatziki:

- ⅔ cup** Pure Flavor® Uno Bites™ Nano Cucumbers, diced
- 1 cup** plain Greek yogurt
- ¼ cup** fresh mint
- 1** garlic clove, minced
- 2 tsp** lemon juice
- ⅛ tsp** sea salt
- ⅛ tsp** pepper

DIRECTIONS

- 1 Preheat oven to 400°F and line a baking sheet with parchment paper.
- 2 In a large bowl, add all the meatball ingredients and mix well.
- 3 Using a spoon, scoop out about two tablespoons of mixture, form into meatballs, and place on baking sheet evenly spaced apart.
- 4 Place meatballs in the oven and bake for 15 minutes, or until fully cooked through.
- 5 While meatballs cook, add all the tzatziki ingredients into a food processor and pulse 4-5 times until the cucumber is minced and the sauce is smooth.
- 6 To serve bowls, add rice, 3-4 meatballs, vegetables, and tzatziki sauce. Garnish with mint, parsley, and serve.