



RECIPE | CUCUMBERS

GREEK CHICKEN MEATBALL BOWL



10 min
PREP.



6



easy

25 min

15 min
COOKING

INGREDIENTS

Recipe created by Heather Englund

For the bowl:

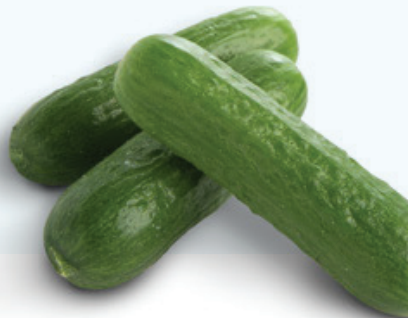
1 dry pint Pure Flavor® Uno Bites™ Nano Cucumbers, divided and diced
1 cup Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
1 cup Pure Flavor® Bumbles® Yellow Grape Tomatoes, halved
4 cups brown rice, cooked
¼ cup red onion, thinly sliced
 Fresh mint and parsley, for garnish

For the meatballs:

2 lb ground chicken
4 garlic cloves, minced
¼ cup red onion, finely diced
2 tbsp fresh parsley, chopped
2 tbsp 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.

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