Under 45 minutes Serves 4 Share Share on facebook Share on twitter Share on pinterest Share on whatsapp Share on email Ingredients: Salad:

- 1 cup (220g) pearled barley, cooked
- <sup>1</sup>/<sub>2</sub> cup (125ml) wholewheat couscous, cooked
- 2 punnets (250g each) cherry tomatoes, quartered
- <sup>1</sup>/<sub>2</sub> head (about 250g) broccoli, grated
- Handful each fresh mint, parsley and coriander, chopped
- Juice (60ml) of 1 lemon
- Olive oil, for drizzling
- Salt and milled pepper

## Meatballs:

- 500g lean beef mince
- $\frac{1}{2}$  can (200g) brown lentils, rinsed and drained
- Salt and milled pepper
- 1 Tbsp (15ml) soy sauce or Worcestershire sauce
- 2 cloves garlic, finely grated
- Handful each fresh coriander and parsley, chopped
- Oil, for frying

For serving:

- 2 tubs (120g each) PnP tzatziki
- <sup>1</sup>/<sub>2</sub> cucumber, cut into matchsticks or 'noodles'
- 2 discs (about 100g) reduced-fat feta, crumbled
- 1 punnet (20g) rocket
- Lemon wedges (optional)

## Method

- 1. Combine salad ingredients in a bowl and drizzle with oil.
- 2. Season and set aside.
- 3. Combine meatball ingredients and roll mixture into balls.
- 4. Heat oil in a pan and cook meatballs to your liking.
- 5. Arrange meatballs on a platter with salad, tzatziki and cucumber 'noodles'.
- 6. Scatter with feta and rocket, and serve with lemon wedges on the side.

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