

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
- ½ cup (125ml) wholewheat couscous, cooked
- 2 punnets (250g each) cherry tomatoes, quartered
- ½ 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
- ½ 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
- ½ 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.

[Browse more healthy recipes here.](#)