

Veggie "Meatballs" with Greek Salad

Calories: 38 kcal

Servings: 2

Time: 0 Mins

Ingredients

- 0.50 head Broccoli
- 0.25 cup Cheese (Parmesan)
- 1.00 whole Egg
- 1.00 clove Garlic (crushed)
- 2.00 tbsp Raw Almonds
- 2.00 tbsp Raw Brazil Nuts
- 2.00 g Salt and Pepper (to season)

Instructions

1. Preheat oven to 180°C (350°F). Grease a mini-muffin tin with olive oil or cooking spray.
2. Place the almonds in a food processor and process them until they're coarsely ground; transfer to a mixing bowl.
3. Place the broccoli florets in the food processor and pulse until chopped. Combine the ground almonds, broccoli, cheese, and garlic in the mixing bowl. Season to taste with salt and pepper, then fold in the egg.
4. Form the broccoli mixture into 6 balls, squeezing them a little to make sure they hold their shape, place each one in a cup in the muffin tin.
5. Bake the meatballs for about 20 minutes, or until they're golden-brown and slightly crispy on the outside. Remove the tin from oven and cool for 5 minutes; to remove the meatballs, run a butter knife along the edges of each muffin cup to loosen before gently popping them out. Refrigerate or freeze the meatballs *Adapted from <https://helloveggie.co/almond-broccoli-meatless-meatballs>
6. Dressing:
7. Mix all dressing ingredients and set aside.
8. Greek Salad:
9. Halve cherry tomatoes and grate cucumber.
10. In a separate bowl, mix lemon juice and oil together. Add mint leaves and pour over tomatoes and cucumber.
11. Serve 3 meatballs with salad.
12. Either pour the dressing over the meatballs to use as a dipping sauce to serve.