

# Yuvarlakia

## Meatballs with rice and yogurt sauce

20'  
Hands on

35'  
Cook Time

4  
Portion(s)

1  
Difficulty

### Ingredients

- 500 g ground beef
- 150 g polished rice
- 1 onion
- 1 clove of garlic
- 1 tablespoon dill
- thyme
- grated zest of 2 lemons
- mint
- 2 tablespoons olive oil
- salt
- pepper
- 1 egg, medium
- 1 ½ liter water
- 2 bay leaves
- 1 chicken bouillon cube
- rosemary
- rind from 1 lemon

### For yogurt sauce

- 200 g Greek strained yogurt
- juice from 1 lemon
- pepper
- salt
- 3 tablespoons dill
- 2 tablespoons broth from the meatballs

### To serve

- feta cheese
- oregano
- fresh bread
- olive oil
- lemon zest
- pepper
- wedges of 1 lemon

### Method

#### For the meatballs - Yuvarlakia

- In a bowl, add the finely chopped onion, minced garlic, dill, finely chopped mint, thyme, salt, pepper, lemon zest, rice, ground meat, 2



tablespoons olive oil and 1 medium egg.

- Mix thoroughly until all of the ingredients are completely combined.
- Shape the mixture into small meatballs (20 g) and place them in a pot.
- In the pot, add 1 ½ liters water, rosemary, lemon rind, chicken bouillon cube and 2 bay leaves.
- Cover the pot, place over low heat, and simmer for 30-40 until cooked through.

#### For the yogurt sauce

- In a bowl, whisk together the yogurt, lemon juice, pepper, salt, dill and meatball broth.
- Add mixture to pot and stir very slowly to mix.
- Serve with olive oil, lemon zest, pepper and all of the aromatics from the pot.
- Serve meal with feta cheese, olive oil, oregano, wedges of 1 lemon and fresh bread.

# Tirokafteri

## Greek spicy cheese dip

10'  
Hands on

4-6  
Portion(s)

1  
Difficulty

### **Ingredients**

- 1/3 clove of garlic
- 50 g olive oil
- 1/2 chili pepper
- 1/2 teaspoon chili flakes
- 400 g Greek feta cheese 200 g Greek strained yogurt

### **To serve**

bread, fresh or toasted chili flakes  
chili pepper, thinly sliced fresh herbs

### **Method**

- In a blender, add the garlic, olive oil, chili flakes and finely chopped chili pepper.
- Beat until all of the ingredients are completely incorporated.
- In a bowl, add the feta coarsely chopped, strained yogurt and the mixture from the blender.
- Mix thoroughly with a spoon.



### **To serve**

- Transfer cheese dip to a small bowl.
- Add the chili flakes, finely chopped chili pepper and fresh herbs. Serve with bread slices for dipping!
- You can also dip chopped vegetables and crackers or spread it in your sandwiches instead of mayo!