

Liz Borgo - The Dietician

Keftethes Bowl with Lemon Potatoes



Ingredients

- 1kg washed potatoes with skin on (I used @spudlite)
- 200ml fresh lemon juice (about 3-4 lemons)
- 300ml chicken stock
- 1/3 cup extra virgin olive oil
- Dried oregano (approx 2 teaspoons)
- Salt and pepper

Note: for a more subtle lemon flavour use 125ml lemon juice.

Method

1. Preheat oven to 200c.
2. Slice potatoes in half, and then into thin wedges.
3. Add potatoes to a large stainless steel baking tray.
4. Juice lemons and use a measuring jug to get 200ml of juice. Pour lemon juice over potatoes.
5. Pour chicken stock over potatoes.
6. Drizzle olive oil over potatoes.
7. Season with salt and pepper and sprinkle with oregano.
8. Bake for 1.5 hours in total.
9. At the one hour baking mark, turn the potatoes with a spoon so they brown more evenly. The potatoes will soak up the lemony liquid while cooking.

Serving Size:
6 as a side

NOTE: for a more subtle lemon flavour use 125ml lemon juice.

Keftedes Ingredients

- 500g lean beef mince
- 1 small onion
- 1 small tomato
- 1 egg
- 1 tsp crushed garlic
- 2 tsp oregano
- 1/4 cup finely sliced mint
- 2 slices of bread
- 2 heaped tablespoons flour (plus extra for dusting)
- Extra virgin olive oil for cooking

Keftedes Method

1. Place mince, egg, garlic and oregano in a bowl.
2. Finely dice or use a food processor to chop onion, tomato and mint then add to mince.
3. Wet two slices of bread and squeeze out excess liquid. Mix through mince to thoroughly combine.
4. Add flour, salt and pepper.
5. Shape into small meatballs using a heaped tablespoon as a guide.
6. PAN FRY - coat the balls in a light dusting of plain flour and cook on medium heat in extra virgin olive oil turning occasionally for approximately 10 minutes.
7. AIR FRY - with a spray or olive oil on 180C for approximately 12 minutes.
8. OVEN BAKE at 180c oven for 15-20 minutes with a spray of olive oil.