

MALENY BLACK ANGUS BEEF

Mediterranean *meatball flat breads*



Method

1. Heat the oven to about 180 degrees celcius
2. Combine Maleny Black Angus Beef Mince, Maleny Black Angus Beef Bone Broth, all the spices, along with salt and pepper, 1 egg, and half the chopped parsley into a mixing bowl. Combine, then roll into balls.
3. Place in a pan on medium heat with a 1 tbsp olive oil, and fry meatballs until cooked through, turning on all sides - about 10 minutes.
4. Meanwhile, warm your flatbreads in the oven for about 5 mins, then turn off the oven
5. Smear a tbsp of greek yoghurt onto the flatbread
6. Sprinkle over a little salt and pepper
7. Place 2-3 meatballs on each flatbread
8. Layer the cucumber ribbons, rocket and remaining parsley around the meatballs
9. Crumble over the feta and squeeze over lemon juice
10. Serve and enjoy!

Ingredients

For the Meatballs:

- 1 tbsp Maleny Black Angus Beef Bone Broth
- 500g Maleny Black Angus Beef Mince
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp ground coriander seed
- 1 tsp onion powder
- 1 tsp garlic powder
- Pinch of salt
- 1 egg
- Crack of pepper
- ½ bunch parsley, chopped
- 1 tbsp olive oil

For the Flat Breads:

- 6 Flat breads
- 500g Greek yoghurt
- 1 cucumber, shaved into ribbons with a peeler
- 2 cups rocket
- ½ red onion, sliced
- 100g feta cheese
- Lemon

Serves: 6 people

Prep Time: 10 minutes

Cooking Time: 20 minutes

Recipe Notes:

- Preheat the oven and put the flatbreads in to so that they will be warm to serve when you are ready
- Would pair nicely with handmade sweet-potato or truffle fries

