

Mediterranean Beef Meatballs with Lemon Yogurt and Crisp Salad

Greek yogurt is thicker and higher in protein than regular yogurt. That makes it a good fit here, because it holds up better as a sauce and does not thin out as quickly.

Servings

2 large servings

Prep and cook time

about 20 minutes

Nutrition per serving

861 kcal | 68 g protein | 59 g fat | 18 g carbs

Ingredients

For the meatballs

For the lemon yogurt

For the salad

- 400 g ground beef (14 oz)
- 1 egg
- 25 g finely grated Parmesan (about 1/4 cup)
- 1 small garlic clove, finely chopped
- 1 tsp dried oregano
- 1 tsp sweet paprika
- 1 tbsp chopped parsley
- 1 tsp salt
- 1/2 tsp black pepper
- 150 g Greek yogurt (about 2/3 cup)
- 1 to 2 tsp lemon juice
- 1 tsp lemon zest
- 1 tbsp chopped parsley
- salt
- black pepper
- 250 g cucumber (9 oz)
- 200 g tomatoes (7 oz)
- 60 g red onion (2 oz)
- 80 g romaine lettuce (3 oz) or 60 g radishes (2 oz)
- 1 tbsp olive oil
- 1 to 2 tsp lemon juice
- salt
- black pepper

Method

1 Combine the ground beef, egg, Parmesan, garlic, oregano, paprika, parsley, salt, and pepper in a bowl. Mix just until combined. Do not overwork the mixture or the meatballs will turn firm.

- 2 Shape into 10 to 12 small meatballs.
- 3 Preheat the air fryer to 190°C / 375°F. Arrange the meatballs in the basket with a little space between them and cook for 8 to 10 minutes. Turn or shake them once halfway through.
- 4 Stir together the Greek yogurt, lemon juice, lemon zest, and parsley. Season with salt and pepper.
- 5 Prep the cucumber, tomatoes, red onion, and romaine or radishes. Toss with olive oil, lemon juice, salt, and pepper.
- 6 Serve the meatballs hot with the lemon yogurt and the salad.

What matters

- Mix the meat only briefly or the texture will become dense.
- Leave space in the air fryer so the meatballs brown instead of steaming.
- Dress the salad right before serving so it stays crisp.

Variations

- Instead of romaine, use extra radishes and a little arugula.
- For a stronger flavor, mix a few finely chopped olives into the meatball mixture.
- An herbed dressing also works in place of the lemon yogurt.