

 Each portion contains

210 kJ/50 kcal

4 g protein

3 g total fat, 2 g saturated fat

1 g carbohydrates

0 g fibre

Meatballs with Feta

Appetizer - 10 portions

 10 minutes + 8 minutes airfryer

150 g lamb mince or lean minced beef
 1 slice of stale white bread, turned into fine crumbs
 50 g Greek feta, crumbled
 1 tablespoon fresh oregano, finely chopped
 ½ tablespoon grated lemon peel
 Freshly ground black pepper

Round, shallow oven dish, approx. 15 cm

Tapas forks

1. Preheat the airfryer to 200°C.
2. Mix the mince in a bowl with the bread crumbs, feta, oregano, lemon peel and black pepper; thoroughly kneading everything together.
3. Divide the mince into 10 equal portions and form smooth balls, using damp hands.
4. Put the balls in the oven dish and place this dish in the basket. Slide the basket into the airfryer. Set the timer to 8-10 minutes and bake the mince balls until they are nicely brown and done.
5. Serve the meatballs hot in a platter with tapas forks.

Tips

Prick the meatballs onto a tapas fork with half a black olive and a strip of roasted bell pepper.