



### **Greek Turkey Meatballs with Tzatziki**

Prep Time 15 minutes mins

Cook Time 20 minutes mins

Total Time 35 minutes mins

Course Appetizer, Main Course

Cuisine Greek, Mediterranean

Servings 4 Servings

#### **For the Greek Turkey Meatballs:**

- 1 lb 450g ground turkey
- ⅓ cup breadcrumbs regular or gluten-free
- 1 large egg
- 3 garlic cloves minced
- ¼ cup finely chopped onion
- ¼ cup fresh parsley chopped
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp Celtic sea salt
- ¼ tsp black pepper
- Olive oil for cooking if pan-frying

#### **For the Tzatziki Sauce:**

- 1 cup Greek yogurt plain, full-fat
- ½ cucumber grated and drained
- 1 garlic clove minced
- 1 tbsp lemon juice freshly squeezed
- 1 tbsp fresh dill chopped
- 1 tbsp olive oil
- Salt and pepper to taste

### **Instructions**

#### **Prepare the Meatballs**

1. In a large mixing bowl, combine ground turkey, breadcrumbs, egg, garlic, onion, parsley, oregano, cumin, salt, and pepper.
2. Mix until all ingredients are well combined. Avoid over-mixing, as this can make the meatballs tough.
3. Using your hands, roll the mixture into small meatballs (about 1 to 1.5 inches in diameter). This should yield approximately 16-20 meatballs.

#### **Cook the Meatballs**

1. Oven-Baked Option: Preheat the oven to 400°F (200°C). Place the meatballs on a lined baking sheet and bake for 15-20 minutes, or until fully cooked and golden brown.
2. Pan-Fried Option: Heat a large skillet over medium heat and add a small amount of olive oil. Add meatballs in batches, cooking for 4-5 minutes on each side or until golden brown and cooked through.
3. Air Fryer Option: Preheat the air fryer to 380°F (193°C). Place meatballs in the basket and cook for 10-12 minutes, turning halfway through.

**Make the Tzatziki Sauce**

1. Grate the cucumber and drain it using a paper towel or cheesecloth to remove excess moisture.
2. In a bowl, combine the Greek yogurt, grated cucumber, garlic, lemon juice, dill, and olive oil.
3. Stir well, then season with salt and pepper to taste. For the best flavor, let the sauce chill in the refrigerator for at least 30 minutes before serving.

**Serve**

1. Serve the turkey meatballs with a generous dollop of tzatziki sauce on the side.
2. Enjoy with pita bread, rice, or a fresh salad for a complete meal!