

DINNERLY



Low-Cal Pork & Feta Meatballs with Crispy Romaine & Pita Salad



20-30min



2 Servings

This dish is a trip! A trip to the Mediterranean! Juicy kefta (fancy for oval-shaped meatballs) are put together with a killer combo of ground pork and feta cheese. It's all served on top of a refreshing salad spiked with toasted pita croutons and a creamy garlic sauce. We've got you covered!

WHAT WE SEND

- 2 Mediterranean pitas ^{1,6,11}
- 10 oz pkg ground pork
- ¼ oz granulated garlic ⁷
- 1.4 oz piece feta ⁷
- 1 romaine heart
- 1 cucumber
- 1 oz sour cream ⁷

WHAT YOU NEED

- olive oil
- 1 large egg ³
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

TOOLS

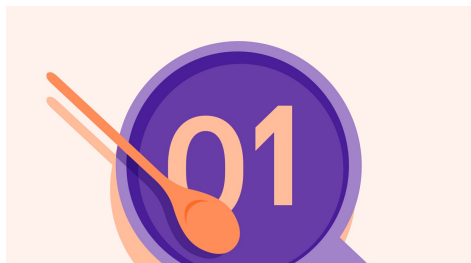
- rimmed baking sheet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 33g, Carbs 42g, Protein 43g



1. Prep ingredients

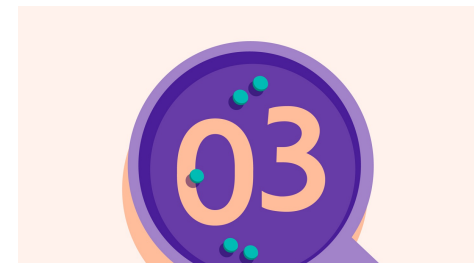
Preheat broiler with a rack in the top position and a second oven rack placed directly below.

Lightly oil a rimmed baking sheet. Finely chop **half of one pita**, saving the rest for step 3.



2. Form pork meatballs

In a medium bowl, use a fork to mash together **1 large egg** and **chopped pita**, forming a paste. Add **ground pork**, **½ teaspoon granulated garlic**, **¾ teaspoon salt**, and **a few grinds of pepper**; stir gently to combine. Gently fold in **crumbled feta**. Shape mixture into 8 football-shaped meatballs and place on prepared baking sheet.



3. Broil meatballs & pita

Brush both sides of **remaining pitas** with **oil**. Place baking sheet with **meatballs** on top oven rack, and place pitas directly on lower oven rack. Broil until meatballs are browned and cooked through, about 9 minutes, and pitas are deeply toasted and crisp, flipping halfway through, about 7 minutes (watch closely as broilers vary).



4. Make salad

Meanwhile, cut **lettuce** crosswise into ½-inch pieces, discarding end. Peel **cucumber**, if desired; thinly slice into rounds. Once **pitas** are cool to touch, tear into bite-sized pieces.

In a large bowl, whisk together **1 tablespoon vinegar** and **2 tablespoons oil**; season with **salt** and **pepper**. Add **pitas**, **lettuce**, and **cucumbers** and toss to combine.



5. Make garlic sauce & serve

In a small bowl, stir to combine **sour cream** and **a pinch of granulated garlic**. Thin sauce with **1 teaspoon water** at a time, as needed until it drizzles from a spoon; season with **salt** and **pepper**.

Serve **salad** topped with **pork and feta meatballs**. Drizzle **garlic sauce** all over. Enjoy!



6. Make it ahead!

Save time during the hangry dinnertime rush by prepping and shaping the meatballs in steps 1 & 2 and holding them in an airtight container in the fridge until ready to cook.