

# Lamb meatballs with couscous and tzatziki

- **High in Protein**
- **No added sugar**
- **Seafood-free**
- **Shellfish-free**
- **Sesame-free**
- **Soy-free**
- **Peanut-free**

Served with couscous and tzatziki, these lamb meatballs make for a filling and delicious dish. Squeeze over lemon cheeks for a zesty finish.

- Serves 4
- Cooktime 25 mins 25 minutes
- Prep time 5 mins

## Ingredients

- 500g pkt Coles Kitchen Minestrone Soup Kit
- 1 1/3 cups (265g) couscous
- 500g Coles Australian Lamb Mince
- 1 lemon, rind finely grated, juiced
- 200g tzatziki
- Lemon cheeks, to serve

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## Method

### 1. Step 1

Stir 1 tbs stock powder from the soup kit into 1 1/2 cups (375ml) boiling water in a large heatproof bowl. Add the couscous and stir to combine. Cover with plastic wrap. Set aside for 5 mins or until the water is absorbed. Use a fork to separate the grains.

### 2. Step 2

Combine the mince and the remaining stock powder in a bowl. Roll 1 tbs portions of the mince mixture into balls. Cook meatballs in a greased frying pan over medium heat for 10 mins or until cooked through. Transfer to a plate and cover with foil to keep warm.

### **3. Step 3**

Add the vegetables from the soup kit to the pan. Cook, stirring often, for 10-12 mins or until the vegetables are tender. Add to the couscous mixture with 2 tbs lemon juice and stir to combine. Serve couscous mixture with meatballs, tzatziki, lemon rind and lemon cheeks.