

One-Pot Greek Style Dish

Preparation time: 30 min

Ingredients

- Onion
- Bell pepper
- Zucchini
- Tomato
- Garlic clove(s)
- Curly parsley
- Bag of baby potatoes (350g)
- Small can of tomato paste (70g)
- Sachet of gyros seasoning mix (15g)
- 2 tbsp (olive) oil
- 100g feta cheese
- 300g lean minced beef
- Optional: pepper and/or diet salt

Vegetarian Tip:

Replace the minced beef with 400g of vegetarian mince/meat-free grounds.

Instructions

1. **Prep the vegetables:** Clean the vegetables. Peel the onion and garlic; slice the onion into thin half-moons and finely chop the garlic. Cut the bell pepper and zucchini into small strips. Dice the tomato. Finely chop the parsley. Wash the baby potatoes and cut them into 1-2 cm cubes.
2. **Brown the meat:** Heat 1 tbsp of (olive) oil in a wok or deep-frying pan and fry the minced beef for 2-3 minutes on medium-high heat until browned and crumbly. Spoon the minced beef out of the pan and set it aside.
3. **Cook the potatoes and veggies:** Fry the potato cubes in the same pan for 8-10 minutes until they are golden brown and soft. Next, add the gyros seasoning mix, bell pepper, garlic, zucchini, and $\frac{3}{4}$ of the onion, and stir-fry for 2 minutes. Then add the tomato paste and fry for another minute.
4. **Combine:** Return the browned minced beef to the pan and let the whole dish heat through on low temperature.
5. **Make the topping:** In a bowl, mix the diced tomatoes with 1 tbsp of (olive) oil and a pinch of pepper. Crumble the feta and mix it through the tomatoes.
6. **Serve:** Serve the one-pot dish topped with the feta-tomato mixture, the fresh parsley, and the remaining raw onion.

TIP: Delicious when served with a fresh Greek salad or tzatziki!

MIX, STIR & SMILE!

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