



# Scrumptious LAMB, BEET & FETA MEATBALLS

*This recipe features Saveur's Gyro Spice,  
Spiced Beet Hummus Mix and Seasoned Salt.*

## INGREDIENTS

### FOR THE MEATBALLS:

**500 g lamb mince (or beef)**

**150 g feta, crumbled**

**2 spring onions, thinly sliced**

**2 tbsp. Saveur Spiced Beet  
Hummus Mix**

**2 eggs**

**1 cup fresh breadcrumbs\***

**Pinch of Saveur Seasoned Salt**

### FOR THE YOGHURT SAUCE:

**200 g Greek style yoghurt**

**1 tbsp. lemon juice**

**2 tsp. Saveur Gyro Spice**

### TO SERVE:

**Lettuce leaves**

**Lebanese cucumber, peeled and  
sliced into ribbons**

**1 carrot, peeled and cut into  
matchsticks**

**½ red onion, thinly sliced**

## METHOD

1. Add feta, spring onions, Saveur Spiced Beet Hummus Mix, egg and breadcrumbs to lamb mince. Mix well.
2. Divide the mixture into 8 portions and shape into balls. Place them on a baking tray.
3. Bake the meatballs at 180°C for 10-15 mins.
4. Meanwhile, combine yoghurt, lemon juice and Saveur Gyro Spice in a small bowl.
5. Place the lettuce on a serving plate. Add cucumber, carrot, red onion and a meatball to each lettuce leaf. Top with yoghurt sauce and enjoy.



\*To make this recipe Dr. Wallach-friendly, substitute gluten-free breadcrumbs for breadcrumbs.  
This recipe has not been tested with the substituted ingredients, so results may vary.