

## **Greek Lamb Meatball Pita Pockets with Tzatziki Sauce**

Serves: 3 to 4

For the Greek meatballs:

- 1 lb ground lamb
- 1 large egg
- ¼ cup fresh Italian parsley, chopped - OR - 4 teaspoon dried parsley
- 1 tbsp fresh oregano, chopped - OR - 1 teaspoon dried oregano
- 2 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp minced garlic
- 1 tsp Kosher salt
- ¼ tsp cracked black pepper
- 1 tbsp olive oil, for cooking

For the tzatziki sauce:

- 1 medium cucumber
- 1 cup thick Greek yogurt (5% fat or higher is best)
- 1 tsp minced garlic
- 1 tbsp lemon juice
- 1 tbsp fresh mint leaves, chopped
- 1 tbsp fresh dill, chopped
- ½ tsp Kosher salt, plus more to taste

For serving:

- 4 whole wheat pitas, halved
- 4 oz crumbled feta cheese
- Large ripe tomato, sliced
- ½ cup fresh basil leaves
- ½ small red onion, thinly sliced (optional)

Disgorging the cucumber:

1. Peel the cucumber.
2. Slice off both ends, then slice lengthwise and scrape the seeds out with a spoon.
3. Set a mesh strainer over the top of a bowl so that it has a few inches of space between itself and the bottom of the bowl.
4. Using a standard cheese grater, grate the cucumber into the sieve set over the bowl.
5. Sprinkle with ½ teaspoon Kosher salt and toss gently.
6. Allow to sit for a minimum of 10 minutes.

7. When you're ready to assemble the sauce, drain the disgorged cucumber liquid from the bowl and transfer the remaining shreds to the bowl to utilize for mixing the sauce. Stir in the remaining sauce ingredients.

For the Greek meatballs:

1. Preheat oven to 400 degrees F / 205 C. Reserve an oven-safe skillet, an oven-safe casserole pan, or a parchment-lined baking sheet to the side.
2. In a large bowl, mix the lamb, egg, parsley, oregano, cumin, coriander, garlic, pepper, and salt until fully combined.
3. Form the lamb mixture into 12 golfball-sized balls, placing each into your reserved cast-iron pan (or casserole pan or parchment-lined baking sheet) equally spaced apart from each other.
4. Bake for 18-22-minutes or until the meatballs have browned and reached an internal temperature of 165 degrees F / 74 C.

Assemble pita pockets with the meatballs and the remaining serving ingredients. Enjoy!

\*Adapted from [Whip and Wander](#)