

Greek Power Bowl with Meatballs & Quinoa

2 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Peeler Ranch Ground Beef, thawed
Farmhouse Kitchen Seasoned 'Breeding'
Organic Quinoa
Texas Farm Patch Romaine Lettuce, core removed, washed and dried well
Village Farms Cherry Tomatoes, washed
Gundermann Acres Radishes, greens and root tip removed, washed
Farmhouse Kitchen Greek Yogurt Dressing, stirred well before use
Olive or Canola Oil
Salt and Pepper

Preheat oven to 425°F degrees placing rack in middle position.

NOTE: You can cook quinoa the night before per Step 1 instructions, store in the fridge and reheat when ready to serve the meal in its entirety.

STEP 1 Prepare the quinoa. Add quinoa to a sauce pot, add 2 cups of water and 1 tbsp. salt. Place pot over medium high heat and bring to a boil. Reduce heat to medium and cook for 10 to 15 minutes or until tender and liquid has absorbed. Fluff with a fork. Cover and set aside until ready to serve.

STEP 2 Prepare the meatballs. Add the ground beef, 1/2 tsp. salt, pepper and Seasoned Breeding to a mixing bowl. Combine with your hands to evenly distribute the spice amongst the meat. Form 10-12 small meatballs, about the size of a ping pong ball. Set the meatballs on a foil lined baking sheet. Space the meatballs about 2" apart. Roast the meatballs for 15-20 minutes or until internal temperature has reached 155°F.

STEP 3 While meatballs are cooking, prepare the vegetables. Chop romaine lettuce into bite size pieces. Place in a bowl. Toss with half the Greek Yogurt Dressing, 1/4 tsp. salt and pepper. Set aside in fridge until ready to serve. Slice cherry tomatoes in half. Set aside. Very thinly slice radishes into rounds with a mandolin or paring knife. Set aside.

STEP 4 To assemble, scoop a portion of quinoa into a bowl. Add in a portion of dressed romaine lettuce. Add in desired portion of meatballs. Top with halved cherry tomatoes and sliced radishes. Drizzle remaining Greek Yogurt Dressing over all components. Enjoy!

Greek Power Bowl with Meatballs & Quinoa

4 SERVINGS | HANDS ON TIME: 10 | TOTAL TIME: 30

Peeler Ranch Ground Beef, thawed
Farmhouse Kitchen Seasoned 'Breading'
Organic Quinoa
Texas Farm Patch Romaine Lettuce, core removed, washed and dried well
Village Farms Cherry Tomatoes, washed
Gundermann Acres Radishes, greens and root tip removed, washed
Farmhouse Kitchen Greek Yogurt Dressing, stirred well before use
Olive or Canola Oil
Salt and Pepper

Preheat oven to 425°F degrees placing rack in middle position.

NOTE: You can cook quinoa the night before per Step 1 instructions, store in the fridge and reheat when ready to serve the meal in its entirety.

STEP 1 Prepare the quinoa. Add quinoa to a sauce pot, add 4 cups of water and 2 tbsp. salt. Place pot over medium high heat and bring to a boil. Reduce heat to medium and cook for 10 to 15 minutes or until tender and liquid has absorbed. Fluff with a fork. Cover and set aside until ready to serve.

STEP 2 Prepare the meatballs. Add the ground beef, 1 tsp. salt, pepper and Seasoned Breading to a mixing bowl. Combine with your hands to evenly distribute the spice amongst the meat. Form 18-20 small meatballs, about the size of a ping pong ball. Set the meatballs on a foil lined baking sheet. Space the meatballs about 2" apart. Roast the meatballs for 15-20 minutes or until internal temperature has reached 155°F. (**NOTE:** you may need to cook meatballs in batches depending on the size of your baking sheet)

STEP 3 While meatballs are cooking, prepare the vegetables. Chop romaine lettuce into bite size pieces. Place in a bowl. Toss with half the Greek Yogurt Dressing, ½ tsp. salt and pepper. Set aside in fridge until ready to serve. Slice cherry tomatoes in half. Set aside. Very thinly slice radishes into rounds with a mandolin or paring knife. Set aside.

STEP 4 To assemble, scoop a portion of quinoa into a bowl. Add in a portion of dressed romaine lettuce. Add in desired portion of meatballs. Top with halved cherry tomatoes and sliced radishes. Drizzle remaining Greek Yogurt Dressing over all components. Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Ground Beef - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Seasoned 'Breading' - Keep in a cool, dry place in the kitchen until ready to use. (Ingredients: onion powder, garlic powder, Greek oregano, dried parsley, salt)

Quinoa - Keep in a cool, dry place in the kitchen until ready to use.

Romaine Lettuce - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Cherry Tomatoes - Store in a cool, dry place in the kitchen. Use within 5 days.

Radishes - Remove/use any tops and store in the crisper drawer of the refrigerator. Use within 5 days.

Greek Yogurt Dressing - Store in the refrigerator. Use within 5 days. (Ingredients: White Mountain Greek yogurt, garlic, Patty's Herbs parsley, G&S meyer lemons, tahini)

***Contains dairy inclusive ingredients.**

****Not made with gluten, egg, nuts, peanuts fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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