

## **GREEK MEZE (Lamb and Vegetarian options)**

### Lamb Koftas (15mins prep // 15mins cooking)



**(Serves 4)**

- 500g lamb mince
- 1 tsp ground cumin
- 2 tsp ground coriander
- 2 fat garlic cloves, crushed
- 1 tbsp. chopped mint
- oil for brushing

### **Method**

1. Mix together all the ingredients until well blended. Divide into eight balls, then roll each ball on a board with a cupped hand to turn them into ovals.
2. Thread onto metal Skewers to cook on BBQ or to cook on a griddle: heat the pan until you can feel a good heat rising and cook for 3-4 mins each side. Don't turn until they are well sealed or the meat will stick to the grill or pan.

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### Tzatziki (Serves 4 – 10mins prep // 2mins to create)

- 2 cups grated cucumber (from about 1 medium 10-ounce cucumber, no need to peel or seed the cucumber first, grate on the large holes of your box grater then squeeze out any excess water)
- 1 ½ cups plain Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh mint and/or dill
- Approx. 1 tablespoon fresh lemon juice
- 1 medium clove garlic, pressed or minced

Mix all the ingredients together and let it sit for 5mins before serving.

### Spinach/feta parcels (20mins prep//10mins cooking)



**(Serves 4)**

- 300 grams spinach
- 1/2 small onion - finely chopped
- 1 clove garlic - finely chopped
- 100 grams feta cheese
- 6 - 8 filo pastry sheets (depending on size)
- 3 tablespoons olive oil + for brushing on top before baking

Preheat the oven 200°C.

Shredded spinach and chop the onion. Chop the garlic clove as well and set aside.

In a pan, on medium heat, heat the oil and saute the onion and garlic till they turn slightly golden-brown (about one minute).

Add in the spinach into the pan. Cook till the water from the spinach evaporates. Keep stirring the spinach so it doesn't burn. This should roughly take about 7 - 8 minutes.

Once done, remove from heat and let it cool.

Add the feta cheese to this spinach mixture and mix thoroughly.

Cut long strips of the filo pastry - about 2 inches wide. Brush one pastry sheet with olive oil and place another sheet on top of it. The oil will make them stick together.

Place about 1 1/2 tablespoons of the spinach-feta mixture on one end of the sheet and keep folding it into triangles till the end. Seal the end with olive oil.

Repeat steps 7 and 8 till all the mixture is used.

Lightly oil a baking tray. Brush olive oil on to each Spanakopita parcel and place on the tray.

Bake for about 10 minutes - or until they turn golden brown.

*Pan fried Halloumi* (approx. 100g per person// 5mins to prep // 4mins to cook)



- 2 packets of Halloumi cheese
- Half a lemon
- A clove of garlic
- Fresh or dried parsley
- A splash of olive oil to cook

*Slice each packet of halloumi into about 6 slices*

*Heat a little bit of olive oil in a frying pan. Cook the halloumi for a couple of minutes or until golden brown. Turn the cheese over and add the garlic, parsley and a squeeze of lemon juice. Cook until golden brown.*

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*Chickpea Salad* Serves 4 (10mins prep)

*You can pick and choose the ingredients you like*

- 300 grams canned chickpeas - drained
- 1 cucumber chopped
- 1 can of Sweetcorn
- 1 clove of garlic finely chopped
- Half a lemon squeezed
- Olive oil
- 8 - 10 cherry tomatoes sliced
- Small white onion finely chopped
- Half a block of feta cheese – diced
- Olives
- Fresh parsley (optional)

Or

If you prefer you can serve a “Greek salad” of finely shredded iceberg lettuce, olives, cherry tomatoes, finely sliced white onion and diced feta cheese.

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***This Greek meze serves 4 people and gives you plenty of options to choose from – you can cook all of the dishes (we will do this on Saturday evening) or take something out that you don't fancy and add more of something else.***

***Serve with Pitta bread or flat bread***

***Another option for children is to add French fries! 😊***