



# Greek Meatballs with Whipped Feta

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Crispy beef meatballs infused with cumin, coriander, and cinnamon served alongside a smooth whipped feta dip made with Greek yogurt, olive oil, and lemon zest. Finished with fresh mint and lemon for a bright, bold finish.

**Prep Time:**  
25 Minutes

**Cook Time**  
10 Minutes

**Serves:**  
4-6 Servings

**Level:**  
Intermediate

## Ingredients

### **Meatballs:**

- 1 cup grated onion
- 1 garlic clove, minced
- 1 cup olive oil (for frying)
- 1 cup day-old bread, soaked in milk and squeezed dry
- 1 lb ground beef
- 1 egg
- 1 tbsp dried oregano
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- ½ tsp ground cinnamon
- Pinch nutmeg
- Zest of 1 lemon
- Salt and pepper, to taste
- Flour, for dredging
- Fresh mint leaves and lemon wedges, for garnish

### **Whipped Feta:**

- 16 oz Greek or Bulgarian feta cheese, drained
- ½ cup Greek yogurt
- 1 tbsp extra-virgin olive oil
- ½ tsp kosher salt
- Zest of ½ lemon

## Instructions

### **Step 1**

Sweat aromatics: In a small skillet, cook the grated onion and minced garlic in a drizzle of olive oil over medium-low heat until softened, about 3-4 minutes. Cool slightly.

### **Step 2**

Mix: In a large bowl, combine the onion-garlic mixture with soaked bread, beef, egg, oregano, coriander, cumin, cinnamon, nutmeg, lemon zest, salt, and pepper. Mix gently until just combined.

### **Step 3**

Form: Roll into 1½-inch meatballs and lightly dredge in flour, shaking off excess.

### **Step 4**

Fry: Heat the olive oil in a skillet over medium-high heat. Fry meatballs in batches until golden and cooked through, about 6-8 minutes. Transfer to a paper towel-lined plate.

### **For the Whipped Feta:**

### **Step 5**

Blend: In a food processor, combine feta, Greek yogurt, olive oil, salt, and lemon zest. Process until creamy and smooth, about 1 minute. Do not overmix or it may turn runny.

### **Step 6**

Serve: Spread the whipped feta in a shallow bowl or platter and drizzle with a little olive oil.

## Serving & Finishing

- Serve warm with toasted pita or flatbread for dipping. The creamy feta balances the aromatic spice of the meatballs – a flavor combo that feels both indulgent and effortless.

### **Extra Flair Tip:**

- Drizzle the platter with a touch of chili oil or honey for a sweet-heat finish.