

Lamb Meatballs

Serves: 4 (makes 12 balls)

Prep time: 10 minutes

Cook time: 10 minutes



1 serve per portion

Ingredients

Meatballs:

250g lamb mince

1 onion, finely chopped

1 carrot, grated

1/3 cup breadcrumbs

1 teaspoon cumin, ground

1 teaspoon garlic powder

2 tablespoons fresh parsley, chopped

1 egg

Cracked black pepper

2 tablespoons olive oil

To serve:

1 cup cherry tomatoes, halved

12 small cos lettuce cups

200g natural Greek yoghurt

2 tablespoons fresh mint, chopped

Method

COMBINE all meatball ingredients except the olive oil in a large bowl.

FORM 12 meatballs with your hands.

HEAT oil in pan over medium heat and cook the meatballs in batches. Fry until golden brown then remove and set aside. Repeat for all meatballs.

FOLD together yoghurt and mint in a small bowl.

PLACE a few cherry tomato halves in each lettuce cup, then the meatball, and top with the yoghurt mixture to serve.



Everyday Food

Recipe courtesy of the Country Kitchens team