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Spiced lamb meatballs with tomato salsa & tzatziki

- * Serves: 4
- * Preparation time: 8 minutes
- * Cooking time: 12 minutes

Ingredients

500 g lamb mince
1 tsp ground cumin
1 tsp dried mint
½ tsp ground cinnamon
1 clove garlic
3 roma tomatoes, chopped
200 g tub tzatziki dip
4 flat breads



Method

1. Place the lamb mince, cumin, mint, cinnamon, garlic and a little salt and pepper in a large bowl. Stir to combine and then shape the mixture into 16 meatballs.
2. Add enough oil to a medium-sized, heavy based frypan to come one-third of the way up the side of the pan. Heat the oil over a moderately-high heat.
3. Cook the lamb meatballs in batches, until golden and cooked through. Drain on absorbent paper. Allow the oil to reheat between batches.
4. In a small bowl, combine the tomato and mint leaves. Serve the meatballs with the tomato, tzatziki and flat bread.

Tips

Meatballs, rissoles, and burgers should always be thoroughly cooked through and not be served rare. To test if they're done, insert a skewer into the thickest part. If it is ready to eat the juices will be clear.

You could replace the tzatziki with other dips like hummus or eggplant dip, or plain thick yoghurt.

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