

# Spiced Persian Meatballs

## Other recipes



DIETARY:

### MAKING THIS RECIPE

#### Ingredients

454g Minced Lamb

Olive Oil (2 tablespoons)

4 Garlic Cloves (Crushed)

1 small red onion (finely chopped)

1 Egg

**Sumac** (1 Teaspoon)

**Advieh** (1 Tablespoon)

1 - 2 Teaspoons Chopped Mint

1 Tablespoon Chopped Parsley

**Cracked Black Pepper** (Half a Teaspoon)

Salt (1 Teaspoon)

50g Panko Breadcrumbs

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#### Method

Preheat the oven to 190 C / Gas mark 5

##### Step 1

Heat half the olive oil in a frying pan and cook the onion and garlic until softened, then allow to cool.

##### Step 2

Beat the egg in a large bowl then add all the remaining ingredients together with the onion & garlic mixture and mix well.

##### Step 3

Shape the mixture into balls or long tubes, to be approximately the size of golf-balls.

##### Step 4

Heat the rest of the olive oil in the frying pan, then add the meatballs and brown them all over for a couple of minutes – you may need to do this in batches.

##### Step 5

Transfer them to an ovenproof dish and place in the oven.

##### Step 6

Cook them for 10 to 15 minutes until they are cooked through.

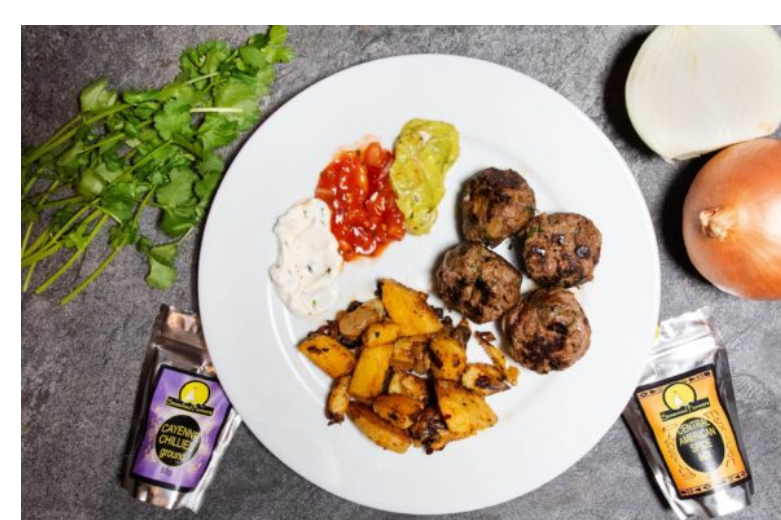
##### Step 7

Serve them with your choice of couscous and/or flatbreads with salad and tzatziki. They can be garnished with additional chopped parsley and chopped mint, a small handful of pomegranate seeds and crumbled feta cheese.



Sweet And Spicy Seven Seas Chicken  
INDONESIAN

TAKE A LOOK



Spicy Fried Meatballs With Mexican Potatoes  
MEXICAN, WORLDWIDE

TAKE A LOOK



Lebanese Rice With Beef, Sumac And Egg

MIDDLE EASTERN, MIDDLE EAST

TAKE A LOOK

### Buy the ingredients for this recipe

