

# Spiced Lamb Balls

TIME	SERVES	CUISINE	SPICY
	4	AFRICAN	

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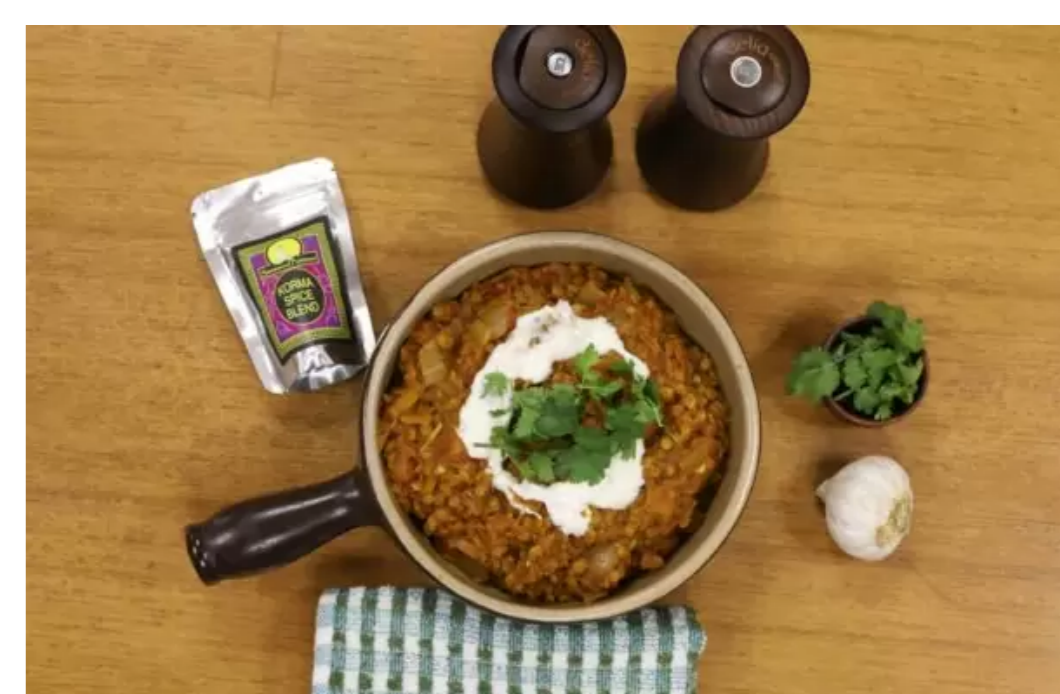
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DIETARY:  
Contains Nuts, Gluten Free, Atkins, Diabetic, Coeliacs

## MAKING THIS RECIPE

### Ingredients

**Allspice Berries** (½tsp ground)  
**Cayenne Pepper** (1 tsp)  
**Crushed Red Chillies** (1 tsp, or to taste)  
**Mint Dried** (1 tsp)  
 Fresh Parsley (2tsp, chopped)  
 Fresh Tomatoes (2lbs, chopped)  
 Garlic Cloves (2 finely chopped)  
 Lamb (2lbs, minced)  
 Olive Oil (4 tbsp)  
 Onion (4 small finely chopped)  
 Salt (to taste)  
**Tunisian Five Spice Powder** (4 tsp)

### Method

- 1) In a large bowl mix the minced lamb thoroughly with the Tunisian Five Spice, parsley, mint, about a third of the the chopped onions, allspice, salt and cayenne. Form into balls about 2" in diameter.
- 2) Bring a litre of water to the boil. Drop in the lamb meatballs and cook for 15 minutes, turning continuously. Drain the balls on paper towels and place in the fridge.
- 3) Heat the olive oil in a large pan, add the tomatoes, the remaining chopped onions, garlic and red chillies and stir-fry for about ten minutes. Add 200ml of water, cover and simmer for an hour, stirring occasionally.
- 4) Add the lamb meatballs and cook uncovered for a further 20 minutes. The sauce should be quite thick – though add more water if needed. Serve hot – great with couscous and Harissa.

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