



Moroccan style meatballs with lemon & coriander sauce

Lamb meatballs flavoured with the highly aromatic ras-el-hanout, served with a lemon and fresh coriander dipping sauce. The coriander and the parsley in the meatballs can be dried or fresh (as stated) but the dipping sauce needs fresh coriander.

Serves : 4

Preparation Time : 20 minutes

Cooking Time : 20 minutes

Ingredients

meatballs:

1 lb lean minced lamb
salt and pepper seasoning
sunflower oil for frying

Dipping sauce:

Juice 2 lemons
2-4 tbsp good quality olive oil
2 cloves garlic
1 tsp salt
pepper to taste
1 large bunch fresh coriander, chopped

Herbs & Spices

6 tsp Ras-el-Hanout
1 tbsp dried Coriander Leaf or small bunch fresh, chopped Coriander Leaf
1 tbsp dried Parsley Flat Leaf or small bunch fresh, chopped Parsley Flat Leaf

Cooking Instructions

In a large bowl, mix the ras-el-hanout with the lamb mince, the coriander leaf, the flat leaf parsley with a generous seasoning of salt and pepper. Roll into walnut sized balls and shallow fry in batches in hot oil. Roll the balls in the oil to brown all over and ensure they are cooked through. Drain on absorbent paper and keep warm until needed.

To make the sauce, mash the garlic with the salt until a paste is formed. Add the lemon juice and mix thoroughly before adding the olive oil. The amount of oil you add will depend on how juicy your lemons were and also your own personal preferences. Season with pepper and taste as you add the oil until you reach a satisfactory taste. You may want to add a little sugar if the lemon is too sour for your tastes. Add the chopped fresh coriander and mix through the liquid. Serve in dipping bowls next to a pile of lamb meatballs.