

Turkish Meatballs with Tomato Sauce and Yogurt Dip



- 750g Lean Lamb Mince
- 1 small onion, diced as small as possible
- 3 Garlic cloves, crushed
- Handful flat leaf parsley, chopped
- Handful fresh mint, chopped
- 1 red pepper, diced
- 2 tins of good quality, organic chopped tomatoes
- ½ tsp allspice
- ½ tsp ground cumin
- ½ tsp ground black pepper
- 1 egg
- 4 tbsp. Natural Yogurt

Preheat the oven to 180°C.

In a large bowl, mix together the lamb, onion, allspice, cumin, parsley, egg, black pepper and 1 clove of garlic. Really get your hands in there and mix thoroughly. If you have time, leave this in the fridge for half an hour covered with cling film.

In the meantime you can make the tomato sauce. Fry off the 2 crushed garlic cloves and the diced red pepper for 2-3 mins. Keep the heat down low – you just want to soften them slightly. Pour in the tins of tomatoes and one cup of water and simmer for about 10 mins.

Take the lamb mix out of the fridge and roll this into lots of meatballs – about golf ball sized. Place these into an oven proof dish and bake for 20mins

Take the meatballs out of the oven, drain off any fat then pour over the tomato sauce and bake for another 15 mins.

This is a good time to make your yogurt dip. Just mix your fresh, chopped mint in with the yogurt.

Serve the meatballs along with some rice/quinoa and your yogurt dip.