



Lamb meatballs with Pink Lady® apples

Makes 12 – 15 meatballs



Created by:
Heleen Meyer

Ingredients:

- ♥ 500 g lean lamb or mutton mince
- ♥ 2 Pink Lady® apples with the skin, coarsely grated
- ♥ 60 ml (¼ cup) uncooked oats
- ♥ 1 egg, beaten
- ♥ 10 ml (2 tsp) dried thyme
- ♥ 15 ml (1 tbsp) ground cumin
- ♥ 45 ml (3 tbsp) chopped fresh parsley
- ♥ lemon juice, salt and black pepper to taste
- ♥ 30 ml (2 tbsp) olive or avocado oil for frying

Method:

1. Place all the ingredients, except the oil, in a mixing bowl and mix with a wooden spoon until well combined. Season to taste with lemon juice, salt and pepper.
2. Roll mince mixture into small balls (about 30 ml each).
3. Heat half of the oil in a large frying pan over a medium heat. Fry meat balls on all sides until golden brown, but not completely cooked.
4. Reduce the heat, cover with a lid and simmer for a few minutes until cooked, but still juicy. Spoon out and repeat with the remaining meat balls and oil.
5. Allow to cool down and pack into a lunch box with a dipping sauce like guacamole and small potatoes in the skin. Or serve warm with salad ingredients and vegetables of your choice.

