





# Middle Eastern Lamb Meatballs

# with Crispy Flatbread

Lamb meatballs simmered in a sweet and smoky onion and tomato sauce with a hint of cinnamon, finished with fresh chopped parsley and served with crispy Lebanese flatbread.







# Add some extras!

Add crumbled feta cheese, olives or toasted flaked almonds to elevate this dish!

TOTAL FAT CARBOHYDRATES 119g

1 September 2023

#### FROM YOUR BOX

ZUCCHINI	1
LAMB MINCE	300g
GARLIC CLOVE	1
SHALLOT	1
RED CAPSICUM	1
TINNED BAKED BEANS	400g
LEBANESE FLATBREAD	5-pack
PARSLEY	1 packet

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cinnamon, smoked paprika

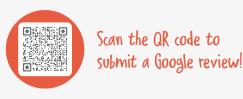
#### **KEY UTENSILS**

large frypan with lid, frypan

#### **NOTES**

Use a fine grater if possible. Squeezing out as much liquid as possible will help the meatballs stay together. If you don't feel like adding the zucchini to the meatballs, you can dice it all and add it to the pan in step 3 instead.

No gluten option - Flatbread is replaced with GF Turkish bread. Rub with oil and toast in the oven at 220°C for 5 minutes. Or toast in a sandwich press.





#### 1. PREPARE THE MEATBALLS

Grate 1/2 zucchini and squeeze out excess liquid (see notes). Combine with lamb mince, crushed garlic clove, 2 tsp paprika, salt and pepper. Roll into 1 tbsp size meatballs.



#### 2. BROWN THE MEATBALLS

Heat a large frypan over medium-high heat with **oil**. Add meatballs and cook, turning, for 7 minutes until browned. Remove from pan and set aside. Keep pan on heat.



## 3. SAUTÉ THE VEGETABLES

Slice shallot and capsicum. Dice remaining zucchini. Add to frypan with 1/2 tsp cinnamon and 1/2 tbsp paprika (add more oil if needed). Cook for 3 minutes until softened and fragrant.



#### 4. SIMMER THE SAUCE

Stir in baked beans and 1/4 cup water until combined. Return meatballs to pan. Cover and simmer for 8-10 minutes or until meatballs are cooked through. Season with salt and pepper to taste.



### 5. TOAST THE FLATBREAD

Coat flatbread with **oil** on each side. Toast in a frypan over medium-high heat for 30 seconds each side.



#### 6. FINISH AND SERVE

Chop parsley and use to garnish meatballs. Serve at the table with flatbread.





