



MINTED LAMB MEATBALL TAGINE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 600g lamb mince
- 2 free range eggs
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp hot paprika
- Olive oil
- Handful chopped fresh mint, plus extra leaves to garnish
- 1 red onion, finely chopped
- 400g can chopped tomatoes
- 150ml lamb or chicken stock
- 2 courgettes, sliced and cubed
- 1 red pepper, chopped
- 2 carrots, sliced and cubed
- 100g green olives
- 400g chickpeas
- Live yoghurt or soured cream to serve
- Salt to taste
- Brown rice, couscous or quinoa to serve.

COOK TIME

- 45-50 minutes

METHOD

1. In a large bowl add the minced lamb, eggs, garlic, mint, salt and ground black pepper. Mix well with your hands, then shape into balls with lightly oiled hands.
2. Heat 2 tbsp of the olive oil in a large skillet pan. Once warm, add meatballs and fry on all sides until browned (about 5 mins).
3. Remove to a plate and set aside.
4. In the same pan, add a little more oil, chopped onion, courgettes, carrots, pepper, cumin, coriander, paprika and fry gently for 6-7 mins until the onion is soft and lightly golden.
5. Add the tomatoes, lamb stock and then bring to a simmer.
6. Gently drop the meatballs into the sauce, part-cover with a lid, then simmer for 25-30 minutes.
7. After 15 minutes, add chickpeas and keep stirring until the sauce has reduced and thickened nicely.
8. Serve with brown rice, quinoa or couscous.
9. Top with extra mint and a spoonful of yoghurt.

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