

Lamb Meatballs with Mint Chutney

Yield: 6 to 8 servings

Meatballs

1	lb	ground lamb
1	small	red onion, diced
¼	cup	fresh parsley
2	Tbsp	fresh cilantro
1	Tbsp	minced garlic
½	Tbsp	grated ginger
½	Tbsp	salt
½	tsp	ground cinnamon
1/2	tsp	ground coriander
1/8	tsp	cayenne (optional)

Chutney

1	cup	fresh cilantro
¼	cup	fresh mint
½	Tbsp	lemon juice
1/4	tsp	grated ginger
1/2	tsp	honey - to taste
½	cup	red bell pepper, diced
		salt to taste

Preheat oven to 350F.

1. Set lamb aside in a large mixing bowl.
2. Add remaining meatball ingredients to blender. Blend until pureed.
3. Mix with ground lamb. Roll into balls and place on parchment lined baking sheet.
4. Bake 15 minutes, turning halfway through. Meatballs are done when meat thermometer poked into the middle of the meatball reads 165 F.
5. Place all chutney ingredients in blender. Blend until smooth. Add water as needed for consistency.

