



## Chermoula Lamb Meatballs

with Golden Brussels Sprouts and T...



20-30min



4 Portions

Mediterranean cuisines do genius things with spices and herbs. Here, the flavours of chermoula (cumin, coriander, lemon and garlic) lift juicy lamb meatballs into another realm entirely. Add fresh mint and the nutty mellowness of tahini, plenty of Brussels sprouts and peas, and you've got one, big flavour-bomb of a dish. Paired with a Bird in Hand Merlot, available from Cellarmasters wine retaili...



## What we send

- brussel sprouts
- chermoula <sup>17</sup>
- mint, garlic
- lamb mince
- panko breadcrumbs <sup>1</sup>
- red onion
- peas
- tahini paste <sup>11</sup>
- lemon

## What you'll require

- egg <sup>3</sup>
- Australian honey
- olive oil
- olive oil spray
- sea salt and pepper
- water

## Utensils

- baking paper
- fine grater
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Egg (3), Sesame (11), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 590kcal, Fat 33.7g, Carbs 18.8g, Proteins 45.5g



### 1. Prepare ingredients

Preheat the oven to 200C. Line an oven tray with baking paper. Finely grate **half the onion** and squeeze out excess liquid. Thinly slice the **remaining** half. Finely grate the **lemon zest** then juice lemon.



### 2. Make meatballs

Combine the **grated onion, breadcrumbs, lemon zest, chermoula spice blend, 1 egg, lamb mince, salt and pepper** in a bowl. Shape into golf ball-sized balls. Arrange in a single layer on the lined tray, spray or drizzle with **olive oil** then bake for 15 mins or until golden.



### 3. Prepare Brussels sprouts

Meanwhile, halve the **Brussels sprouts** lengthwise, place in a bowl and toss with **2 tbs olive oil**. Season with **salt and pepper**.



### 4. Cook vegetables

Heat a large frypan over medium heat, add the **Brussels sprouts**, cut side down, and cook for 3 mins or until golden. Turn over the sprouts, add the **sliced onion** and cook, covered, for 5 mins, stirring occasionally, or until the onion has softened and the sprouts are golden.



### 5. Make tahini sauce

While the vegetables cook, crush or very finely mince the **garlic**. Combine the **tahini paste, lemon juice, 1 tsp honey, garlic and 80mls (1/4 cup) water**. Season with **salt and pepper** and stir until smooth and creamy, adding a little more water if sauce is too thick. Coarsely chop the **mint leaves**, discarding the stems.



### 6. Get ready to serve

Add the **peas and 125ml (1/2 cup) water** to the Brussels sprouts. Cover, then cook for 3 mins or until the peas are cooked. Season with **salt and pepper**. Divide the **chermoula meatballs, vegetables** among plates. Drizzle over the **tahini sauce** and scatter with **mint** to serve.

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 **Packed in Australia from at least 45% Australian ingredients**