



HEALTHY

Chermoula Lamb Meatballs with Golden Brussels Sprouts and Tahini Sauce

 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.

What we send

- 1 red onion
- 1 lemon
- 40g panko breadcrumbs ¹
- 10g chermoula spice blend ¹⁷
- lamb mince
- 500g brussels sprouts
- 80g tahini ¹¹
- 2 x 150g peas
- mint
- 1 garlic clove

What you'll require

- 1 egg ³
- sea salt and pepper
- olive oil spray
- olive oil
- honey
- water

Utensils

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

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

Cooking tip

Garlic used raw needs to be finely minced. Adding a little salt to the garlic on the chopping board helps.

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

Read through the recipe. Heat the oven to 200C, fan-forced. Line an oven tray with baking paper. Finely grate **half the onion**, then squeeze out excess liquid. Thinly slice the **remaining half of the onion**. Finely grate the **lemon zest**, then juice the lemon.



2. Make meatballs

Put the **grated onion, lemon zest, breadcrumbs, chermoula spice blend, 1 egg** and **lamb mince** in a bowl and season with **salt and pepper**. Using clean hands, combine well, then shape into golf ball-sized balls. Arrange in a single layer on the lined tray and spray or drizzle with **olive oil**. Bake for 15 mins or until golden and cooked through.



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. Add the **sliced onion** to the brussels sprouts and cook, stirring, for 1 min. Cover and cook, stirring occasionally, for a further 4 mins or until the onion has softened and the sprouts are golden.



5. Make tahini sauce

Meanwhile, chop the **garlic**, then press with the flat side of a knife to finely mince (see cooking tip). Put the garlic, **lemon juice, tahini, 1 tsp honey** and **80mls (1/3 cup) water** in a bowl. 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 mixture. Cover and cook for 3 mins or until the peas are bright green and tender. Season with **salt and pepper**. Divide the **meatballs** and **vegetables** among plates. Drizzle with the **tahini sauce** and scatter over the **mint** to serve.