



Product Spotlight: Parsley

If the parsley wilts, trim the lower stems and place bunch in a glass of cold water. Loosely cover leaves with a bag and place in the fridge.



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.



30 minutes



4 servings



Lamb

1 September 2023

Add some extras!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	45g	13g	103g

FROM YOUR BOX

ZUCCHINI	1
LAMB MINCE	600g
GARLIC CLOVE	1
RED ONION	1
RED CAPSICUM	1
TINNED BAKED BEANS	2 x 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 the 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 to the pan in step 3 instead.

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



1. PREPARE THE MEATBALLS

Grate 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 onion and capsicum. Add to frypan with **1 tsp cinnamon** and **1 tbsp paprika** (add more **oil** if needed). Cook for 3 minutes until softened and fragrant.



4. SIMMER THE SAUCE

Stir in baked beans and **1/2 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.



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