



U C O O K

— COOKING MADE EASY

SIZZLING LAMB MEAT-BALLS

with tzatziki, roast cauliflower & dried cranberries

A lavish Mediterranean meal: juicy, spiced lamb mince, ready-made tzatziki, and roast cauliflower and chickpeas; all on a bed of fragrant parsley rice, bejewelled with dried cranberries.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

75ml	Brown Basmati Rice
1	Onion one half peeled
150g	Cauliflower Florets cut into bite-size pieces
60g	Chickpeas drained & rinsed
7.5ml	Cape Herb and Spice Rogan Josh Spice
150g	Free-Range Lamb Mince
1	Garlic Clove peeled & grated
20ml	Psyllium Husk
15g	Dried Cranberries roughly chopped
4g	Fresh Parsley rinsed & roughly chopped
80ml	Tzatziki

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BEFORE YOU GET GOING Read the whole recipe. The prep instructions are displayed in the ingredient list, directly under the item they apply to. You can either do all your prep before you start, or as you get to each item in the method.

2. RICE AT THE READY! Preheat the oven to 220°C. Rinse the rice and place in a pot. Submerge in 200ml of salted water. Pop on the lid and bring to the boil. Once boiling, reduce the heat and simmer for 20 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

3. ROAST THE VEGGIES Slice the peeled onion half in two. Finely dice one onion quarter for the meatballs and cut the remaining quarter into wedges. Spread out the cauliflower pieces, drained chickpeas, and onion wedges on a roasting tray. Coat in oil, half of the Rogan Josh Spice (to taste), and seasoning. Roast in the hot oven for 15-20 minutes until starting to crisp, shifting halfway.

4. MEATBALL MADNESS Place the lamb mince in a bowl with the diced onion, half of the chopped parsley, and the grated garlic. Add in the psyllium husk, the remaining Rogan Josh Spice, and seasoning. Mix well to combine. Roll the mince mixture into 4-5 meatballs.

5. BAKE TIME When the veggies are halfway, place the meatballs on a lightly greased baking tray. Pop in the oven for 8-10 minutes until cooked through and glossy.

6. FINISHING TOUCHES Just before serving, toss the remaining chopped parsley and the chopped cranberries through the cooked rice.

7. DIG IN! Make a bed of cranberry rice and crunchy roast veggies. Top with the juicy lamb meatballs and finish off with dollops of fresh tzatziki. Yum!



Chef's Tip

For the rice, keep the lid on for the entire cooking and steaming time, only checking if necessary. This will ensure you get that perfect, nutty texture!

Nutritional Information

Per 100g

Energy	678kJ
Energy	162Kcal
Protein	9g
Carbs	19g
of which sugars	4g
Fibre	4g
Fat	5g
of which saturated	2g
Salt	0g

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days