



UCOOK

Tandoori Lamb Meatballs

with carrot mash, fresh salad & yoghurt drizzle

Mouth-watering lamb meatballs are served on top of smooth sweet carrot mash and drizzled with a tasty yoghurt and parsley dressing. It is sprinkled with pumpkin seeds and is served alongside a simple fresh salad.

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Boschendal | Stellenbosch Cabernet Sauvignon

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Ingredients & Prep

960g	Carrot <i>rinsed, trimmed & cut into bite-sized pieces</i>
600g	Free-range Lamb Mince
40ml	NOMU Tandoori Rub
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
80g	Salad Leaves <i>rinsed & gently shredded</i>
80g	Radish <i>rinsed & sliced into thin rounds</i>
2	Tomatoes <i>roughly diced</i>
4	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
40ml	White Wine Vinegar
170ml	Low Fat Plain Yoghurt
40g	Pumpkin Seeds

From Your Kitchen

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

1. CARROT MASH Preheat the oven to 200°C. Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the carrot pieces in a colander over the pot. Allow to steam covered for 20-25 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, drain and return to the pot. Stir in a knob of butter or coconut oil and a splash of milk or water. Mash with a fork or potato masher until the desired consistency. Season and cover to keep warm.

2. LAMB MEATBALLS In a bowl, place the lamb mince, the rub (to taste), ½ chopped parsley, and seasoning. Mix until fully combined. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 meatballs per portion. Place the meatballs on a lightly greased baking tray. Bake in the hot oven for 8-10 minutes until cooked through.

3. MAKE SALAD In a bowl, combine the rinsed salad leaves, the radish rounds, the diced tomato, the spring onion whites, the white wine vinegar, and a drizzle of oil. Season to taste.

4. DRESSING In a bowl, combine the yoghurt, the remaining parsley, a drizzle of oil, and seasoning. Add water in 5ml increments until a drizzling consistency.

5. PLATE UP Pile up the carrot mash and side with the tandoori meatballs. Drizzle over the yoghurt-parsley dressing. Sprinkle with the pumpkin seeds and the spring onion greens. Side with the fresh salad. Well done, Chef!

Nutritional Information

Per 100g

Energy	406kJ
Energy	97Kcal
Protein	6.9g
Carbs	6g
of which sugars	3g
Fibre	1.8g
Fat	5g
of which saturated	2g
Sodium	90mg

Allergens

Dairy, Allium, Sulphites

Cook
within 3
Days