



# 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.

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**Hands-On Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People


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**Chef:** Kate Gomba

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 Carb Conscious

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 Boschendal | Stellenbosch Cabernet Sauvignon

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## Ingredients & Prep

|       |   |
|-------|---|
| 960g  | Carrot<br><i>rinsed, trimmed &amp; cut into bite-sized pieces</i>                   |
| 600g  | Free-range Lamb Mince   |
| 40ml  | NOMU Tandoori Rub   |
| 15g   | Fresh Parsley<br><i>rinsed, picked &amp; roughly chopped</i>                        |
| 80g   | Salad Leaves<br><i>rinsed &amp; gently shredded</i>                                 |
| 80g   | Radish<br><i>rinsed &amp; sliced into thin rounds</i>                               |
| 2     | Tomatoes<br><i>roughly diced</i>  |
| 4     | Spring Onions<br><i>finely sliced, keeping the white &amp; 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