



# UCOOK

## Lamb Keema Meatballs

with couscous & raita

Homemade keema meatballs served on buttery couscous loaded with spinach, peas, and lemon. Topped with raita, sunflower seeds, and sided with a fresh tomato salsa. A simple yet divine dinner!

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**Hands-on Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Fan Faves

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 Paserene | The Shiner Red Blend

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## Ingredients & Prep

100ml	Couscous
150g	Free-range Lamb Mince
1	Onion <i>¼ peeled &amp; finely diced</i>
10ml	NOMU Indian Rub
10g	Fresh Ginger <i>peeled &amp; grated</i>
15g	Sunflower Seeds
20g	Spinach <i>rinsed</i>
50g	Peas
1	Lemon <i>½ zested &amp; cut into wedges</i>
1	Tomato <i>roughly diced</i>
50ml	Raita

## From Your Kitchen

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

**1. LEMONY COUSCOUS** Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam until tender, 5-8 minutes. Once cooked, fluff up with the fork.

**2. ROLLIN, ROLLIN, ROLLIN** In a bowl, mix the lamb mince, the diced onion (to taste), the rub, the grated ginger and some seasoning. Wet your hands slightly to stop the mixture from sticking, and roll into 4-5 meatballs.

**3. SO SEEDY** Place the sunflower seeds in a pan over a medium heat. Toast until lightly browned, 2-4 minutes (shifting occasionally). Remove from the pan.

**4. ALMOST THERE** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan and drain on paper towel.

**5. ONE MORE STEP** Once the couscous is cooked, toss through the rinsed spinach, the peas, some lemon zest, some lemon juice, a drizzle of olive oil and seasoning. In a separate bowl, toss the diced tomato with a drizzle of olive oil and some seasoning.

**6. WOW!** Dish up a pile of the lemony couscous mix. Top with the meatballs and drizzle over the raita. Sprinkle over the toasted sunflower seeds. Serve with the diced tomatoes and the remaining lemon wedge. Beautiful, Chef!



## Chef's Tip

Have a bowl of water next to you when you start rolling your meatballs. Dip your hands into it between shaping to prevent the mince from sticking to you.

## Nutritional Information

Per 100g

Energy	688kj
Energy	164kcal
Protein	10.7g
Carbs	14g
of which sugars	3.1g
Fibre	2.5g
Fat	6.8g
of which saturated	2.3g
Sodium	123mg

## Allergens

Gluten, Dairy, Allium, Wheat

Cook  
within 3  
Days