

# INDIAN LAMB MEATBALLS WITH MINT, CORIANDER, AND LIME CHUTNEY

A recipe by **FoodNouveau**

## INGREDIENTS

Makes about 24 meatballs

### For the Indian Lamb Meatballs

- 1 lb [454 g] ground lamb (you can substitute ground beef or even chicken)
- ½ cup [125 ml] ground almonds
- ½ cup [125 ml] red onion, finely chopped
- 1 tsp [5 ml] kosher or sea salt
- 1 tsp [5 ml] ground cardamom
- 1 tsp [5 ml] ground cumin
- ¾ tsp [3.75 ml] freshly ground black pepper
- 2 tbsp [30 ml] fresh coriander leaves, finely chopped
- 3 garlic cloves, peeled and finely chopped

### For the Mint, Coriander, and Lime Chutney

- 1 cup [250 ml] fresh coriander leaves and stems, coarsely chopped
- ¾ cup [180 ml] fresh mint leaves, chopped
- 1 medium tomato, coarsely chopped (about ¾ cup [180 ml])
- ¼ large red onion, chopped (about ½ cup [125 ml])
- ¼ cup [60 ml] water
- ¼ cup [60 ml] freshly squeezed lime juice (from about 2 medium limes)
- 1 tsp [5 ml] kosher or sea salt
- 2 garlic cloves, peeled
- 1 tsp [5 ml] sambal oelek, or 1 thai or serrano chili

## METHOD

*Make the Mint, Cilantro, and Lime Chutney:* Place all the ingredients in a blender. Cover and blend on medium speed until you reach the consistency of a loose pesto. Transfer to a serving bowl, or store in an airtight jar.

*Make the Indian Lamb Meatballs:* Preheat the oven to 425°F [220°C]. Line a baking sheet with parchment paper.

Combine all of the ingredients together in a large mixing bowl. The best way to uniformly combine the ingredients is to use your hands and kind of knead the meat and flavorings together. Don't overwork the meat to make sure the meatballs will remain tender.



Recipe Credit: Adapted from Raghavan Iyer's Indian Home Cooking

Photo Credit: Marie Asselin

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Use a mini ice cream scoop to shape about 24 meatballs and set them about 1 inch [2.5 cm] apart from each other on the prepared baking sheet. Bake for about 15 minutes, or until the meatballs are golden and cooked through. If by the end of the cooking time, the meatballs are cooked through but they are not colored enough, broil them for a minute or two to give them a beautiful golden exterior.

### **SERVING**

Serve the hot meatballs with toothpicks or appetizer forks, along with the chutney for dipping.

### **STORING**

If you are not serving the cooked meatballs right away, you can store them in an airtight container in the fridge for up to two days. Reheat in a 350°F [175°C] oven for 5 to 10 minutes before serving. You can also freeze the meatballs in an airtight container or a freezer bag for up to 3 months.

The chutney will keep refrigerated for up to 10 days.