

# Lebanese Lamb Meatballs With Baba Ghanoush

**Calories:** 0 kcal

**Servings:** 4

**Time:** 0 Mins

## Ingredients

- 4.00 tsp All Purpose Seasoning
- 30.00 g Basil (fresh)
- 4.00 tsp Cinnamon
- 30.00 g Coriander (fresh)
- 4.00 tsp Coriander Powder
- 4.00 tsp Cumin Powder
- 1.00 large Eggplant
- 3.00 tbsp Extra Virgin Olive Oil
- 4.00 cloves Garlic (crushed)
- 4.00 tsp Ginger (fresh, grated)
- 500.00 g Lamb Mince (lean)
- 2.00 tbsp Lemon Juice
- 30.00 g Mint (fresh)
- 4.00 tsp Paprika Powder
- 1.00 whole Red Onion (finely chopped)
- 2.00 g Salt and Pepper (to season)
- 2.00 tbsp Tahini
- 4.00 tbsp Yoghurt (Plain)

## Instructions

1. Baba Ghanoush
2. Preheat oven to 220°C (430°F). Wrap whole eggplant in aluminium foil, and pop in the oven to roast for 30 minutes. This will give a creamy texture and smokey flavour. While the eggplant is roasting, prepare the meat balls.
3. Take roasted eggplant out of the oven and remove foil. Place in a colander for 2 minutes to drain off excess liquid from the eggplant.
4. Into a large blender, add the roasted eggplant, tahini, 1 tbsp lemon juice, 2 cloves of crushed garlic, 4 tsp of grated ginger and 2 teaspoons of each spice; coriander powder, paprika, cumin, cinnamon,

purpose seasoning. Season with salt and pepper and blend until mixture reaches a thick, creamy consistency.

#### 5. Lamb Meatball Skewers

6. To a bowl add lamb mince and the remaining 2 crushed garlic cloves, 2 tsp of grated ginger and 2 teaspoons of each spice; coriander powder, paprika, cumin, cinnamon, all purpose seasoning. Mix with hands to combine.

7. Roll meat into balls and slide meatballs onto skewers. Should be able to get 4 meatballs onto each skewer, making 4 skewers.

8. Add olive oil to a pan on medium heat, and cook meatball skewers for 8-10 minutes rotating until cooked on all sides.

#### 9. Herb Salad

10. In bowl add red onion, basil, coriander, mint, 1 tbsp of lemon juice, a dash of olive oil and a pinch salt.

11. To serve, spread a quarter of the baba ghanoush dip across each plate. Place a lamb meatball skewer on each with a side of herb salad. Add a dollop of plain yoghurt and squeeze of lemon juice. Garnish with additional paprika if desired.

## Equipment

- Blender
- Skewers x4