



LAMB AND OSTRICH MEATBALLS

in warm yoghurt sauce

These meatballs have a combination of lean ostrich and fatty lamb. The fat from the lamb adds flavour, while the lean ostrich reduces the overall fat content of the dish. Serve with mashed root vegetables, pasta or whole grains and greens.



45 minutes



24 meatballs



4½ plant points



Dairy, Egg (if using), Soy and/or gluten in some stocks

- 1 Place the lamb and ostrich mince, beaten egg or blended seeds, cumin, oregano, salt, pepper, parsley and onion in a large bowl. Mix with slightly damp hands until well combined.
- 2 Using a heaped teaspoon of the mixture for each, roll the mince mixture into bite-sized balls.
- 3 Heat the olive oil in a large nonstick pan over medium heat. Fry the meatballs until golden all over. Once cooked, transfer the meatballs to a plate lined with paper towel to drain off any excess fat.
- 4 Discard any fat in the pan. Return the pan to the heat and add the stock. Use a wooden spoon to scrape the brown bits off the bottom of the pan and simmer for a few minutes until they dissolve. Return the meatballs to the pan. Cover with a lid and simmer for about 10 minutes, then remove the meatballs and set aside.
- 5 While the meatballs are cooking, whisk together the sauce ingredients until smooth. Slowly whisk about ½ cup of the hot stock into the yoghurt mixture. Pour the yoghurt mixture into the pan, stir to combine and simmer until slightly thickened. Return the meatballs to the pan and spoon over the sauce. Simmer until heated through.
- 6 To serve, divide your choice of sides between serving bowls. Top with meatballs and yoghurt sauce.

250 g lamb mince
250 g ostrich mince
1 egg, lightly beaten, or 2 Tbsp flax or chia seeds blended with 6 Tbsp water
1 tsp ground cumin
1 tsp dried oregano
1 tsp salt
Freshly ground black pepper, to taste
2 Tbsp chopped fresh parsley
1 onion, finely minced in a processor (drain any excess liquid)
2 Tbsp extra-virgin olive oil
1 cup vegetable or chicken stock

YOGHURT SAUCE

1 cup plain full-cream or double-cream yoghurt
1 clove garlic, finely minced
1 tsp chopped fresh dill
1 tsp chopped fresh mint

MACRONUTRIENTS	Energy (kJ)	Carbohydrates (g)	Protein (g)	Fat (g)	Fibre (g)
PER SERVING (6 MEATBALLS)	1101.6	3.3	27.0	14.7	10.4