



## Lamb Meatballs with Tzatziki Sauce

### Gluten free, 6 servings

Create a colorful Mediterranean platter for dinner by combining lamb meatballs with roasted carrots and pita wedges. Top it all with a creamy tzatziki sauce made with yogurt and cucumbers.

**Active** 45 min **Total** 45 min

### Lamb Meatballs with Pita

- Garlic - 3 cloves, chopped
- Lamb, ground - 1 1/2 lbs
- Eggs - 1 1/2
- Panko breadcrumbs, gluten-free - 3/8 cup (sub almond meal)
- Coriander, ground - 1 1/2 tsp
- Salt - 1 1/2 tsp
- Cumin - 3/4 tsp
- Cinnamon - 3/8 tsp
- Black pepper - 3/8 tsp
- Pita, gluten-free - 6 rounds, wedges (sub any gluten-free flatbread)
- Oil, cooking - 1 1/2 Tbsp
- Stock, any type - 3/8 cup

### Tzatziki Sauce

- Garlic - 3 cloves, chopped
- Mint, fresh (opt) - 3 tsp, chopped
- Cucumbers - 9 oz, diced
- Yogurt, plain or Greek - 1 1/2 cups

### Honey Paprika Roasted Carrots

- Carrots, baby - 1 1/2 lbs (sub regular carrots, sliced)
- Oil, olive - 1 1/2 Tbsp
- Honey - 3 tsp
- Paprika - 1 1/2 tsp

### Prep

1. Garlic (for meatballs and tzatziki) - Chop garlic. (Can be done up to 3 days ahead)
2. Mint - Chop mint, if using. (Can be done up to 2 days ahead)
3. Make tzatziki - Dice cucumbers. Combine cucumbers, yogurt, garlic, and mint. (Can be done 1 day ahead)
4. Make meatballs - Mix lamb, eggs, panko, coriander, salt, cumin, cinnamon, black pepper, and garlic (portion for meatballs). Form into 1" / 2.5cm meatballs. (Can be done 1 day ahead)
5. Pita - Slice into wedges.

### Make

1. Heat oven to 400F / 204C degrees.
2. Toss carrots with olive oil, honey, and paprika. Season with some salt and pepper. Spread out on a sheet pan.
3. Roast carrots, shaking the pan halfway through cooking, until tender, 45 to 50 minutes. (Note: If you are short on time, microwave the carrots on high until starting to turn tender, 4 to 5 minutes and finish them in the oven for ~15 minutes.)
4. When carrots are nearly finished roasting, heat a large skillet with a lid over medium-high heat. Add cooking oil and then meatballs to heated oil. Gently saute meatballs until brown on all side. Add stock and cover pan. Reduce heat to low-medium. Steam meatballs until cooked through, 6 to 8 minutes.
5. If you'd like to serve the pita warm, place it on a sheet pan and heat in the oven for a few minutes.
6. Serve everything together. The tzatziki is great for topping the meatballs and carrots and also for dipping pita. Enjoy!

### Nutrition per Serving (4 Servings Total)

Calories 615 Total Fat 36g Saturated Fat 13g Trans Fat 0g Cholesterol 131mg Sodium 1026mg Total Carbs 43g Dietary Fiber 8g Sugars 14g Protein 31g