



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

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