

LAMB & GREMOLATA

Time: 45 minutes

Serves: 6 as an appetizer

Ingredients for the gremolata:

80ml extra-virgin olive oil
10g flat-leaf parsley - finely chopped
3g kosher salt
2 cloves garlic - finely chopped or grated
Zest of one large orange
Zest of one lemon

Preparation:

Whisk all ingredients together in a small bowl.

Ingredients for the meatballs:

600g ground lamb
1 egg
2 cloves garlic - finely chopped or grated
1/2 onion - finely chopped
5g fresh mint - finely chopped
5g kosher salt
0.5g fresh ground black pepper
10ml avocado oil

Preparation:

Use hands to combine all ingredients except avocado oil.

Form meat into eighteen balls.

Place a frying pan on medium heat and add the avocado oil. When the oil is hot, cook the meatballs, turning occasionally until browned on all sides and cooked through (approximately ten minutes)

Serve immediately topped with the gremolata.

Nutritional Information Per Serving:

Calories: 447
Fat: 38g
Carbs: 1g
Fibre: 0.3g
Protein: 25g