

Mama Dor's Kitchen



KARAHÍ LAMB MEATBALLS IN ARABBIATA SAUCE

Ingredients:

2 tablespoons Mama Dor's Karahí Lamb Spice Blend
500g lamb mince
2 eggs
300g fresh tomatoes, chopped
2 cloves garlic, chopped finely
1 green chilli, chopped finely
1 tablespoon extra virgin olive oil

Method:

Combine the lamb mince, the eggs and the spice blend in a bowl and mix well. Shape into meatballs and place onto a plate. Leave in the fridge for at least an hour to allow the meatballs to set & harden.

When ready to cook, heat a deep frying pan, add the meatballs and cook on each side for 3-4mins. Remove each meatball onto a plate, leaving the fat released from the meatballs in the pan. Now add the oil, chillies and garlic and allow to sizzle. Add the fresh tomatoes and stir well. Cook on a high heat for a couple of minutes, before covering and lowering the heat. Cook for about 20mins until the tomatoes have broken down. At this stage, season to taste, and carefully add the meatballs back into the pan. Cover again, and leave on a low heat for another 20mins.

Serve with penne or spaghetti, topped with parmesan flakes.