

# Moroccan Lamb Meatballs

4 SERVINGS 25 MINUTES



## INGREDIENTS

14 1/8 ozs Ground Lamb  
1/4 cup Cilantro (finely chopped)  
1 1/2 tsps Cumin  
1 1/2 tsps Turmeric  
1 1/2 tsps Paprika  
1 tsp Coriander  
1/2 tsp Cinnamon  
1/2 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	323	Iron	3mg
Fat	27g	Vitamin D	2IU
Carbs	2g	Folate	19µg
Fiber	1g	Magnesium	30mg
Protein	17g	Zinc	4mg
Vitamin C	0mg		

## DIRECTIONS

- 01 In a mixing bowl, combine the ground lamb, cilantro, cumin, turmeric, paprika, coriander, cinnamon, cayenne and sea salt. Mix well and roll into 1.5-inch balls.
- 02 Heat the oil in a large frying pan over medium heat. Add the meatballs to the pan and cook for 6 to 8 minutes. Flip the meatballs and continue to cook for an additional 6 to 8 minutes or until cooked through.
- 03 Serve immediately and enjoy!

## NOTES

RECIPE ID 618

SERVING SIZE

One serving is approximately three meatballs.