

Lamb & Feta Meatballs

Using cooking spray, lightly spray **Shape It Mould** #9 or #10, or line a container with cling film or baking paper.

Serves: 4 - 6

Yield: 530g

Prep Time:
20 minutes

Ingredients

- 1 tbsp (20mL) vegetable oil
- ½ (80g) brown onion, finely diced
- 250g minced lamb
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 cup (250mL) beef stock
- 1 x Scoop B + 2 x Scoop A **Shape It**
- 1½ tbsp (6g) finely chopped mint leaves
- 1½ tbsp (6g) finely chopped oregano leaves
- 50g crumbled feta cheese
- ½ tsp (1.8g) **ThickPlus**
- Salt and pepper to taste

Method

1. Heat oil in a saucepan over medium heat. Add onion and cook for 4 minutes or until soft.
2. Add mince and stir with a wooden spoon to break up any lumps. Cook through.
3. Add cumin and coriander, cook for a minute or until fragrant.
4. Add beef stock and **Shape It**, bring to the boil over medium heat. Simmer gently for 2 minutes, stirring occasionally.
5. Transfer to a food processor, add mint, oregano, feta and **ThickPlus**, puree until smooth, scraping down the sides as required. Season to taste with salt and pepper.
6. Pour into prepared container or mould, cover with cling film or mould lid and refrigerate until set.
7. Portion as desired, arrange on skewers and reheat (refer to reheating guide on page 13).

