

Minted Lamb Meatballs

By Molly Watson, The Spruce Eats

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Total Time :25 mins (15 prep, 10 cook)

Makes 4 to 5 servings

Mint, cumin, paprika, grated onion, and tender ground lamb make easy and super flavorful meatballs. Proper browning is the most important element of these meatballs, so be sure to cook them in a single, spacious layer, working in batches, if necessary.

Serve with rice, rice pilaf or pita bread, along with yogurt and a crisp green salad.

Ingredients

1 ½ lb ground lamb

1 small onion

4 cloves garlic

1/2 C fresh mint leaves

2 tbsp paprika

2 tsp ground cumin

1 tsp fine sea salt

1/4 teaspoon cayenne (optional)

Vegetable or canola oil for cooking

Directions

1. In a large bowl, break up the ground lamb into small pieces. Trim the root end of the onion, cut it in half, and remove and discard the peels. Using a large hole grater, grate the onion over the lamb.
2. Mince the garlic and mint and add to the lamb. Use your fingers to gently mix together. Sprinkle the mixture with the paprika, cumin, salt, and cayenne, use your fingers to gently, but thoroughly, mix the ingredients.
3. Roll the mixture into meatballs, about 2 tablespoons at a time. To keep them tender, avoid over-handling them, simply patting and gently rolling them into balls, not squishing them. Put

the formed meatballs on a platter or baking sheet. Damp hands help keep the meat from sticking to them.

4. Heat a large frying pan over medium high heat. Add 1 to 2 tablespoons of oil to the pan, swirl the oil to spread it over cooking surface, and add as many meatballs as fit in a single layer without touching (this is key to getting the meatballs to brown properly). Cook, turning to brown all sides, until the meatballs are cooked through, about 8 minutes total. If you need to work in batches, transfer the meatballs to a baking sheet and keep them warm in a 200°F oven while you cook the remaining meatballs.