



# Moroccan Meatballs

Serves 6

## Ingredients

### THE MEATBALLS

1½ wholemeal flatbread/pitta  
120ml milk  
1kg minced lamb  
small bunch of parsley, finely chopped  
small handful of mint, finely chopped  
1 teaspoon dried oregano  
2 cloves of garlic, chopped

### THE SAUCE

30ml olive oil  
3 cloves of garlic, crushed  
2 x 800g tins chopped tomatoes  
1½ tablespoon harissa  
handful of basil, chopped  
handful of parsley, chopped  
Salt and pepper

## Method

1. Rip the flatbread into pieces and soak then in the milk for 10 minutes.
2. Then put the bread into a mixing bowl, add the mince and stir in the parsley, mint oregano, garlic and some seasoning.
3. Mix well, then roll the mixture into walnut-sized balls (about 20g each).
4. Either on a griddle pan (best) or under a very hot grill, brown the balls quickly—its all about colouring them and not cooking them through...5 minutes total cooking time with about three turns on the griddle.
5. To make the sauce, heat the olive oil in a heavy-bottomed pan and gently fry the crushed garlic.
6. Tip in the chopped tomatoes and harissa and simmer for 25-30 minutes, until the sauce has reduced.
7. Put in the meatballs and continue to simmer for a further 20 minutes with a lid on until the sauce looks about right.
8. Lastly stir in the herbs and have final seasoning check.