

# Lamb Meatballs & Cauliflower Tabbouleh



**Serves 4**

**Prep 15 mins**

**Cooking 25 mins**

**Easy**

## Ingredients

### For the Meatballs

500g of minced lamb or beef  
1 small egg  
1 small onion, finely chopped  
1tsp sea salt  
½ teaspoon black pepper  
a large pinch of ground cumin  
a large pinch of ground cinnamon  
1tbsp butter, for frying

### For the Tabbouleh

2 medium heads of cauliflower  
1tbsp ghee or butter  
2 red onions or 2 bunches of spring onions, finely chopped  
4 large tomatoes, diced  
3 large handfuls of fresh parsley, finely chopped  
juice of 1 lemon  
6 tbsp extra virgin olive oil  
sea salt and black pepper

### Toppings

chopped radishes, nuts or seeds

1. First make the tabbouleh. Remove the cauliflower leaves and the tough end of the stalk. Grate the cauliflower into rice-sized pieces using the slicing attachment of a food processor or the coarse side of a hand-held grater.
2. Steam the grated cauliflower in a saucepan, lid on, with a couple of tbsps of water & the butter. Over a medium heat, it should take ± 4–6 mins for the cauliflower to cook (not too soft!). Check there is enough water at the bottom of the pan so that the cauliflower doesn't burn. Drain any excess water & tip the steamed cauliflower into a large serving bowl.
3. While the cauliflower cools, chop up the rest of the tabbouleh ingredients, then combine everything together. Taste for seasoning.
4. In a large bowl, combine all the meatball ingredients, except the ghee, and mix well.
5. In a wide saucepan over a medium heat, add a little ghee and fry a small piece of the meatball mixture & check for seasoning. Adjust the remaining mixture as necessary.
6. Wet your hands & shape the mince mixture into balls: roughly 1 ½ tsp of the mix per meatball makes about 20 balls. The larger they are, the longer they'll take to cook.
7. Heat up a little more butter & over a medium-high heat, fry the meatballs in a few batches until lightly browned on all sides & cooked through. This should take about 6–7 mins. You can brown the meatballs in advance & finish them off in the oven later.
8. Serve your hot meatballs with your choice of toppings scattered over the top. Any leftovers, eat cold the next day with some homemade hummus.