

Stuffed Onions



Serves 6

Prep 25 mins

Cooking 1h 15 mins

Challenge

Ingredients

For the onions

4 very large onions
2 tbsp olive oil
1-2 tbsp tamarind
paste or molasses or
60ml honey with a tbsp
brown sugar, a tbsp
caster sugar & 1 tbsp
water.

For the filling

50g Greek yogurt
50g fresh breadcrumbs
400g lamb mince (20% fat)
1 egg
1 tsp ground allspice
½ tsp ground cinnamon
1 tsp ground cumin
½ small pack flat-leaf
parsley, chopped

Herby Yoghurt dressing

170g pot Greek yogurt
juice ½ lemon
2 tbsp olive oil
small pack basil, chopped
½ small pack flat-leaf parsley,
chopped

Blitz together & serve with onions

1. Trim the very ends of the onions. Make an incision in each, from top to root, then another 0.5cm along, so you can cut out and discard a thin wedge (like you're discarding a segment of orange). Bring a pan of water to the boil and add the onions. Boil for 10 mins, remove from the water and let cool. Heat oven to 200C/180C fan/gas 6.
2. When the onions are cool enough to handle, carefully peel and set aside their outer layers – you want about 12-16 large layers in total, which will become the outer casing for the lamb filling. Discard the smaller, leftover layers in the middle
3. Mix all the stuffing ingredients in a bowl and season well. Shape into 12-16 oval meatballs. Put each one on an onion layer and roll it up to create what looks like a small, peeled onion.
4. Pour half the olive oil into a large, shallow casserole dish or roasting tin, then arrange all the stuffed onions on top in a tight, single layer. Drizzle over the remaining oil and bake for 45 mins. Brush with the tamarind paste and bake for another 15-20 mins until the casings are really soft and dark golden brown. Serve with rice and herby yoghurt dressing on the side.