



PersianInspired Meatballs

Jacob · 29/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

58 mins

Description

Advieh herbs and pomegranate molasses give these lamb meatballs a Persian flair. Serve with flatbreads and yogurt or over a green salad. If you go the salad route, include some fresh herbs and pomegranate molasses to match the meatballs.

Ingredients

- - 1 ½ pounds ground lamb - ½ cup panko bread crumbs - ½ cup minced scallions - 2 tablespoons chopped fresh mint - 1 tablespoon advieh - 2 teaspoons dried dill - 1 teaspoon kosher salt - ½ teaspoon ground black pepper - 2 eggs
- lightly beaten - cooking spray - 2 tablespoons pomegranate molasses
- or to taste

Instructions

1. Combine lamb
2. bread crumbs
3. scallions
4. mint
5. advieh
6. dill
7. salt
8. and pepper in a large bowl. Add beaten eggs; knead by hand until smooth and sticky. Cover and refrigerate until flavors blend
9. at least 30 minutes. Set an oven rack about 6 inches from the heat source and preheat the oven's broiler. Form the lamb mixture into 1-inch balls. Arrange on a rimmed baking sheet. Mist the tops with cooking spray. Broil in the preheated oven for 5 minutes. Rotate the baking sheet and broil for 3 minutes more. An instant-read thermometer inserted into the center should read at least 140 degrees F (60 degrees C). Brush the meatballs with pomegranate molasses as soon as they come out of the oven. Cook's Note: Advieh is a Persian spice blend of cumin
10. coriander
11. cinnamon
12. cardamom
13. and dried rose petals. If you can't find it online or in a spice shop
14. mix up your own using one of the many recipes online. Or use a Middle Eastern spice blend with similar ingredients.