

Little Lamb Meatballs in a Spicy Eggplant Tomato Sauce

Jacob · 29/09/2024



Prep Time

1 hr 55 mins

Difficult

Medium

Servings

4

Description

These lamb meatballs are cooked in a spicy eggplant tomato sauce I love lamb and once in a while I enjoy it in small spherical portions

Ingredients

- - 1 eggplant
- cubed - 2 tablespoons olive oil - salt and freshly ground black pepper to taste - 1/2 cup finely minced onion - 1 pinch crushed red pepper flakes
- or to taste - 1 1/2 cups chicken broth - 1 cup marinara sauce - 1/4 cup plain dry bread crumbs - 1 large egg - 1 1/2 tablespoons Greek yogurt - 1/4 cup finely minced onion - 4 cloves garlic
- finely minced - 1 1/2 teaspoons kosher salt - 1 teaspoon freshly ground black pepper - 1 teaspoon ground cumin - 1/2 teaspoon ground cinnamon - 1/4 teaspoon ground coriander - 1 pound ground lamb - 1/4 teaspoon cayenne pepper
- or to taste - 1 tablespoon chopped fresh mint

Instructions

1. Preheat the oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or a silicone baking mat. Combine eggplant
2. olive oil
3. salt
4. and black pepper in a large skillet over medium-high heat. Cook and stir until eggplant begins to soften
5. about 5 minutes. Mix in 1/3 cup onion and red pepper flakes. Reduce heat to medium; cook and stir until onion is softened
6. about 4 minutes. Stir in broth and marinara sauce. Reduce heat to medium-low and simmer until sauce mixture has reduced by half
7. about 30 minutes. Meanwhile
8. whisk together bread crumbs
9. egg
10. and Greek yogurt in a large bowl until bread crumbs absorb all the liquid
11. about 3 minutes. Mix in 1/4 cup onion
12. garlic
13. kosher salt
14. black pepper
15. cumin
16. cinnamon
17. and coriander until well combined. Crumble in lamb and sprinkle with cayenne pepper; mix well. Form lamb mixture into small meatballs and transfer to the prepared baking sheet. Bake in the preheated oven until browned but still pink inside
18. about 10 minutes. Remove meatballs from the oven and stir into simmering sauce. Simmer over low heat until sauce begins to thicken and meatballs are cooked through
19. 30 to 45 minutes. An instant-read thermometer inserted into the center of a meatball should read 160 degrees F (72 degrees C). Garnish meatballs and sauce with mint to serve. Chef's Note: You can add more stock or water to the sauce if it becomes dry while simmering.