



LAMB MEATBALLS

- 2 slices white bread, crusts removed
- 500g lean lamb mince
- 1 brown onion, coarsely grated
- 1/4 cup chopped fresh continental parsley
- 1 egg, lightly whisked
- 2 tsp dried oregano leaves
- 2 tsp ground cumin
- Olive oil spray



Place the bread in a bowl. Add enough water to cover. Set aside for 5 minutes to soak. Coarsely tear the bread.

Line a tray with non-stick baking paper. Combine bread mixture, lamb, onion, parsley, egg, oregano and cumin in a bowl. Season with salt and pepper. Roll tablespoon full quantities of the mixture into balls. Transfer to prepared tray. Cover with plastic wrap. Place in fridge for 1 hour or overnight to chill.

Preheat oven to 200°C. Heat a large non-stick frying pan over medium-high heat. Spray with oil. Cook half the meatballs, turning, for 5 minutes or until golden. Transfer to a large baking tray. Repeat with the remaining meatballs. Bake in oven for 8 minutes or until cooked through

