

Moroccan Meatballs

Ingredients

The Meatballs

2 pitta breads
120ml milk
1kg minced lamb
a small bunch of parsley, finely chopped
a small handful of mint, finely chopped
1 tsp dried oregano
2 cloves of garlic, chopped

The Sauce

30ml olive oil
3 cloves of garlic, crushed
2 X 800g tins of chopped tomatoes
1½ tbsp harissa
a handful of basil, leaves picked and chopped
a handful of parsley, chopped
salt and pepper

Method

1. Rip the pitta into pieces and soak them in the milk for 10 minutes.
2. Put the pitta pieces into a mixing bowl, add the mince and stir in the parsley, mint, oregano, garlic and some seasoning.
3. Mix well, then roll the mixture into walnut-sized balls (about 20g each).
4. Either on a griddle pan (best) or under a very hot grill, brown the balls quickly – colouring them rather than cooking them through. About 5 minutes total cooking time with about three turns on the griddle.
5. To make the sauce, heat the olive oil in a heavy-bottomed pan and gently fry the crushed garlic.
6. Add the chopped tomatoes, harissa and simmer for about 25-30 minutes, until the sauce has reduced.
7. Put in the meatballs and continue to simmer, with a lid on, for about 20 minutes until the sauce looks about right.
8. Finally stir in the herbs and check the seasoning.