

# Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



## Lamb and Pistachio Meatballs accompanied with a Yoghurt Sauce

### Ingredients Serves 4

#### Burgers

200g shelled pistachio nuts  
40g spinach  
1 onion quartered  
1 large garlic clove, peeled  
550g minced lamb  
3 tbsp olive oil  
Salt and black pepper

#### Sauce

200g plain Greek yoghurt  
1 tbsp sumac  
1 tbsp olive oil  
1 tbsp lemon fresh juice

### Method

**Sauce:** Mix all the ingredients together for the yoghurt sauce and store in the fridge.

**Meatballs:** Put the pistachios into a food processor. Blitz to roughly chop, then put into a medium sized bowl. Add the spinach to the processor and blitz swiftly to roughly chop. Add the spinach to the nuts. Continue with the onion and garlic to form a smooth paste then add to the bowl. Add the minced lamb, 1 tbsp oil,  $\frac{3}{4}$  salt and a good grind of black pepper. Mix well to combine all the ingredients. Wet hands and shape the mix into 20 meatball shapes roughly 40-50g each.

Put 1 tbsp oil onto a large non-stick frying pan and place over a medium heat. When hot add the burgers a few at a time and cook for 7 minutes turning halfway until golden brown and just cooked through. Keep warm as you cook the rest. If necessary, add another tablespoon of oil to stop the burgers sticking.

**To serve:** Place the meatballs onto a platter and serve with the yoghurt sauce, some flat breads and a large dressed salad.

### Approx per serving

#### Sauce

Kcals 69.7  
Fat 6g  
Carbs 1.5g  
Protein 3.5g

#### Meatballs

Kcals 587  
Fat 44.4g  
Carbs 7.5g  
Protein 35.3g