

RECIPE TRAIL PRESENTED BY

Lamb Meatballs



INGREDIENTS

- 1/4 cup panko breadcrumbs
- 2 tablespoon plain Greek yogurt
- 1 large egg
- 1/2 medium yellow onion, grated using large holes on a box grater (about 1/3 cup)
- 4 1/4 cup chopped fresh cilantro
- 2 cloves garlic, grated
- 1 teaspoon kosher salt
- 1 teaspoon ground paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground cayenne pepper
- 1 pound ground lamb
- Tzatziki, for serving
- Pita bread, for serving
- Shredded lettuce, for serving
- Sliced tomato, for serving



Photo courtesy of the American Lamb Board

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Spray a rimmed baking sheet with nonstick cooking spray.
3. In a large bowl, use a fork to combine the breadcrumbs, Greek yogurt, and egg to form a paste. Let the breadcrumb mixture to sit for 5 minutes.
4. Stir in the onion, cilantro, garlic, salt, paprika, cumin, black pepper, and cayenne.
5. Use your hands to gently work the lamb into the onion mixture. Using a 1 1/2 tablespoon scoop, portion the meatballs onto the prepared baking sheet. (It should make 20 to 24 meatballs.) Roll them into even rounds.
6. Bake until deeply browned, 15 to 18 minutes. (An instant-read thermometer should read at least 160°F.)
7. Serve the meatballs hot with tzatziki, pita bread, lettuce, and tomato, if you like.

If you prefer to pan fry the meatballs, heat 1/4 cup of vegetable oil in a large skillet over medium-high heat. Add the meatballs in batches so the pan isn't crowded. Cook, turning occasionally with a spatula or fork, until browned on all sides and cooked through, 10 to 12 minutes.

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FUN FACTS

- Lamb contains approximately 108% of your daily value of vitamin B12.
- Sheep's wool is used in the construction of baseballs because of its elasticity and shock-absorbing properties.
- The required cooking temperature for a lamb chop is 145 degrees.