

Mini lamb pita, chopped lettuce, minth yogurt and marinated red onions |

Recipe for 12 tapas



Description

Small lamb meatballs: kefta style! Flavored with coriander and cumin, served with one mini pita and embellished with mint yogurt.

Note

For a stronger lamb flavor, sear your lamb meatballs in a pan with a drizzle of vegetable oil to brown them.

Ingredients

For the lamb meatballs

- 450 Gr Ground lamb
- 1 Unit(s) Egg
- 2 Clove(s) Garlic
- 5 Ml Cumin powder
- 5 Sprig(s) Parsley
- 5 Ml Ground coriander

- Salt and pepper
- Olive oil

For the pita disc

- 12 Unit(s) Mini pita
- 0.25 Unit(s) Romaine salad

- Salt and pepper
- Olive oil

For the mint yogurt

- 120 Ml Plain yogurt 10%
- 3 Sprig(s) Mint
- 1 Clove(s) Garlic
- 8 Drop(s) Tabasco
- 5 Ml Lemon juice

- Salt and pepper
- Olive oil

For the marinated oignon

- 100 Gr Red onion
- 30 Gr Sugar
- 125 Ml Red wine vinegar
- 1 Tbsp Ground coriander

- Salt and pepper

- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**

Marinated onion preparation

Place the red onion in a bowl. In a saucepan, combine the vinegar, sugar and coriander seeds. Bring to boil. Pour this mixture on the red onions. Cover the bowl and let stand for 30 minutes. Strain and set aside in fridge.

To serve

Place a small spoonful of mint yogurt on each pita, then assemble your still hot meatballs and pickled onions by keeping them in place with a bamboo stick.

Pita bread preparation

Place the mini pita on a baking sheet, drizzle with olive oil and bake in the oven for 7-8 minutes or until lightly browned. Let cool slightly.

Mint yogurt preparation

In a mixing bowl, combine the yogurt, chopped garlic, chopped mint, lemon juice and Tabasco. Add salt and pepper and mix.

Lamb meatballs preparation

In a mixing bowl, combine the lamb, egg, minced garlic and the spices and mix well. Season with salt and pepper. Make 12 meatballs with your hands and then place them on a baking sheet. Transfer the baking sheet to the oven for 10-12 minutes until they are cooked through.

General preparation

Chop garlic. Chop mint and parsley separately.

Bon appétit!