



B.PRO

Oriental meatballs with mint and apple chutney

Ingredients:

1 tbsp cooking oil
 1 onion
 1 garlic clove
 2 tbsp pine nuts
 350 g minced lamb or beef
 1/2 tsp chopped coriander
 1/2 tsp cardamom
 1/2 tsp cinnamon
 Salt, chilli powder
 0.5 l meat stock

2 apples
 1 bunch of fresh mint
 250 g sugar
 100 ml apple vinegar
 1 tsp ground ginger
 Juice of one lemon

Accessories:

Multi-element
 Ceran hob
 Griddle

Preparation:

For the chutney, dice the apples. Finely chop the onions and mint and put in a pot with the sugar, vinegar, ginger and lemon juice. Bring to the boil and leave to simmer on a medium heat for approx. 1 hour. Stir occasionally.

For the meatballs, heat oil in a pan. Dice the onions, crush the garlic and sweat in the oil. Stir in the pine nuts. Mix this onion and nut mixture with the mince and season with coriander, cardamom, cinnamon, salt and chilli powder.

Form approx. 12 balls. Bring the stock to the boil in a pot, add the meatballs and cook for approx. 20 mins. Plate the meatballs with the apple and mint chutney and serve with warm flatbread.

Notes:

Preparation time: approx. 30 mins / difficulty level: medium / calories p.p.: n/a

Powered by:



1138 g CO₂ per portion

28 % LESS CO₂ than the average when preparing this recipe.

More info on this recipe at Eternity: www.eaternity.org