

MOROCCAN MEAT BALLS

Make them for B-B-Q's or add to your favourite pasta sauce

Mix together

1 Kg beef or lamb

1 – 2 tablespoons **Blossom's Organics Moroccan Blend**

1-2 large onions

couple of free range eggs

Add salt to taste

Add if available:

Approx. ½ cup coriander leaves

Few currants

Preserved lemon or juice and zest of one lemon juice.

(Use zest only if organically grown)

A few pine nuts or whatever you like eg. grated carrot, breadcrumbs, etc.

Make small balls or burgers and fry in shallow oil till cooked.

You can also add these meatballs to your favourite pasta sauce.

Very quick and very nice. Enjoy!



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