



bit spicy

Keralan Lamb Meatballs

Kerala, in Southern India, is well known for its vegetarian and fish dishes, and we normally suggest cooking our [Keralan spice blend](#) with a combination of pulses and vegetables. Here we have also created a delicious version with lamb meatballs. Add some chillies for a kick, and some curry leaves if you have them. **serves 4-6**

- 500g lamb mince
 - 1 carton Keralan spice
 - handful fresh coriander, finely chopped
 - 1 tbsp oil
 - 300ml '[secret sauce](#)'
 - 1 tin tomatoes, blended or chopped finely
 - 6 curry leaves, fresh or frozen (optional)
 - finely chopped small chillies, to taste
1. Mix the lamb with the coriander and half the spices, and roll into about 15 balls. Chill.
 2. Heat the oil in a large pan and gently fry the remaining spices for a few moments.
 3. Add the 'secret sauce', tomatoes, and chillies and curry leaves if using, and bring to the boil. Simmer for about half an hour.
 4. Heat another pan and fry the meatballs until browned all over. You may want to use a little oil, but the lamb will produce some so it may not be necessary.
 5. Add the meatballs and any juices to the sauce and simmer for another half hour.
 6. Serve with rice or flatbreads.