



WHATSheATE



Lamb meatball & pea pilaf

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



665 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 400 g pack lamb lean minced
- ☐ 3 garlic cloves crushed
- ☐ 2 tsp cumin
- ☐ 300 g rice
- ☐ 4 servings vegetable stock to cover the rice, from a cube is fine
- ☐ 300 g pea frozen
- ☐ 1 juice of lemon
- ☐ 0.5 cucumber grated finely chopped

- ☐ 150 ml pot mild natural yogurt
- ☐ 1 small bunch mint leaves

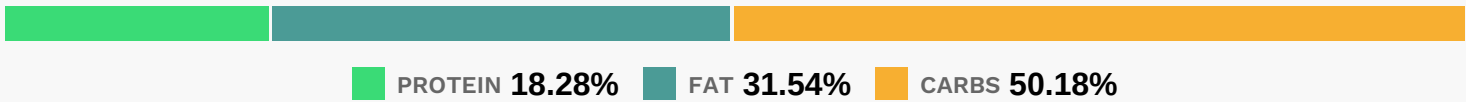
Equipment

- ☐ frying pan

Directions

- ☐ Mix the lamb with half the garlic and 1 tsp of the cumin, then season and shape into about 16 balls its easier if you wet your hands.
- ☐ Heat a large frying pan (with a lid for later), then fry the meatballs for about 8 mins until golden and cooked through.
- ☐ Remove from the pan, set aside, then tip in the rice, final tsp of cumin and remaining garlic. Fry for 30 secs, stirring, then pour in enough stock to cover. Cover and simmer for 10 mins or until almost all of the liquid is absorbed.
- ☐ Stir in the peas, return the meatballs to the pan, then warm through for a few mins until the peas are tender. Meanwhile mix the cucumber, yogurt and half the mint together, then season. To finish the pilaf, stir in the lemon zest and juice with some seasoning and the remaining mint.
- ☐ Serve with a good dollop of the cooling cucumber yogurt.

Nutrition Facts



Properties

Glycemic Index:54.05, Glycemic Load:42.48, Inflammation Score:-7, Nutrition Score:16.198260670123%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 665.14kcal (33.26%), Fat: 23.19g (35.67%), Saturated Fat: 11.01g (68.79%), Carbohydrates: 83.01g (27.67%), Net Carbohydrates: 76.65g (27.87%), Sugar: 7.12g (7.92%), Cholesterol: 78.05mg (26.02%), Sodium: 1044.81mg (45.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.48%), Manganese: 1.28mg (64.24%), Folate: 172.78µg (43.19%), Iron: 4.75mg (26.41%), Phosphorus: 257.78mg (25.78%), Fiber: 6.37g (25.47%), Copper: 0.42mg (20.8%), Selenium: 14.47µg (20.67%), Magnesium: 73.13mg (18.28%), Vitamin B1: 0.24mg (16.02%), Zinc: 2.17mg (14.45%), Vitamin B5: 1.34mg (13.36%), Vitamin B6: 0.27mg (13.33%), Potassium: 446.26mg (12.75%), Vitamin A: 633.08IU (12.66%), Calcium: 116.5mg (11.65%), Vitamin B2: 0.15mg (8.94%), Vitamin B3: 1.7mg (8.5%), Vitamin C: 5.69mg (6.9%), Vitamin K: 4.22µg (4.02%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.14µg (2.39%)