



## Turkish Baharat Meatballs with Lentil Pilaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bacon very finely chopped
- 1 tsp baharat spice mix
- 1.5 cups rice
- 0.5 tsp pepper black
- 1 can canned tomatoes chopped
- 1 small zucchini coarsely chopped
- 0.5 tsp cumin
- 2 Tbs savoury dry

- 1 eggs
- 0.5 cup flour
- 1 clove garlic finely chopped
- 2 cloves garlic chopped
- 4 cardamom pods green
- 2 tsp ground cinnamon
- 4 tsp ground cumin
- 2 tsp nutmeg
- 2 Tbs pepper black
- 0.5 cup lentils
- 400 g ground beef
- 4 tsp mint leaves dry
- 2 large mushrooms coarsely chopped
- 2 large mushrooms coarsely chopped
- 8 servings olive oil
- 1 onion chopped
- 1 bell pepper red chopped
- 0.5 tsp salt
- 1 pinch salt
- 1 tsp salt
- 3 cups water

## Equipment

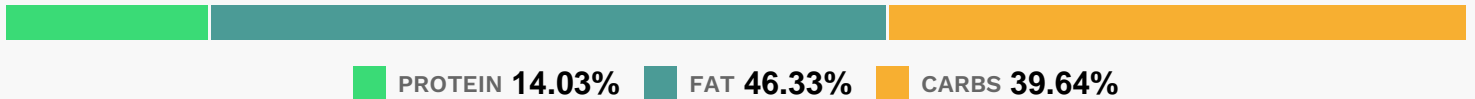
- bowl
- sauce pan

## Directions

- Place onion, capsicum and garlic in a medium-large saucepan with some olive oil to saute for 2 minutes.

- Add mushrooms and courgette, stir.
- Add the tomatoes and the spices, cover and simmer on low heat for 10 minutes. Meanwhile combine all the meatball ingredients in a large bowl and mix until smooth. Using a tablespoon, scoop out a measure of meat and roll into a ball with your hands. Repeat until you've used all the meat.
- Place the meatballs in the saucepan, then cover and leave to simmer for about 15 minutes. Just before you're ready to serve, uncover the saucepan and increase the heat to reduce the sauce to the desired thickness. For the lentil pilaf bring the water to boil, then add the remaining ingredients, stir, cover and reduce heat to low. Allow to cook for at least 20 minutes before lifting the lid to check consistency. When done, all the liquid should have been absorbed by the rice/lentils, which should be soft.
- Serve the meatballs and the sauce on a bed of the lentil rice with a big dollop of yoghurt.

## Nutrition Facts



### Properties

Glycemic Index: 68.85, Glycemic Load: 23.99, Inflammation Score: -7, Nutrition Score: 22.614347826087%

### Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

### Taste

Sweetness: 52.8%, Saltiness: 100%, Sourness: 38.65%, Bitterness: 45.43%, Savoriness: 52.19%, Fattiness: 75.12%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 519.95kcal (26%), Fat: 27.02g (41.56%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 52g (17.33%), Net Carbohydrates: 44.05g (16.02%), Sugar: 4.61g (5.12%), Cholesterol: 57.78mg (19.26%), Sodium: 581.62mg (25.29%), Protein: 18.41g (36.81%), Manganese: 1.5mg (74.94%), Vitamin C: 29.45mg (35.7%), Fiber: 7.95g (31.81%), Selenium:

20.49µg (29.28%), Iron: 5.13mg (28.5%), Vitamin B6: 0.52mg (26.19%), Folate: 103.2µg (25.8%), Phosphorus: 250.93mg (25.09%), Zinc: 3.75mg (24.99%), Vitamin B3: 4.98mg (24.89%), Vitamin E: 3.36mg (22.41%), Vitamin B1: 0.31mg (20.64%), Copper: 0.4mg (20.11%), Vitamin B12: 1.14µg (18.96%), Potassium: 662.16mg (18.92%), Vitamin B2: 0.3mg (17.4%), Magnesium: 67.6mg (16.9%), Vitamin K: 17.09µg (16.27%), Vitamin A: 725.67IU (14.51%), Vitamin B5: 1.43mg (14.34%), Calcium: 111.91mg (11.19%), Vitamin D: 0.19µg (1.29%)