



Middle Eastern meatballs with sour cream dressing

By Michael Meredith

15 minutes

Preparation time

14 minutes

Cooking time

4-6 servings

Serves

INGREDIENTS

Meatballs

450g chicken mince
250g pork mince
1 tbsp ras el hanout
2 tsp salt
50g oats
1 egg

Sour cream dipping sauce

200g sour cream
Salt, to taste
½ lemon, juice and zest

To serve

Sesame seeds, toasted
½ tsp pomegranate molasses
Olive oil
Dill, chopped

METHOD

Meatballs

1. In a large mixing bowl, add all ingredients and mix well until combined.
2. Use a dessert or soup spoon to divide into bite sized pieces. Roll into balls and place on a perforated baking tray.
3. Sprinkle with sesame seeds and place into the combi steam oven on shelf position 2
4. Select Combination mode:
 - Stage 1: Conventional at 180°C + 10 minutes + 70% moisture
 - Stage 2: Full Grill + Setting 3 + 4 minutes + 60%

Sour cream dipping sauce

1. In a small bowl, add sour cream, lemon zest and juice, 2 pinches of salt and mix well.

To serve

1. Remove meatballs from the oven and place into a large mixing bowl. While the meatballs are still hot from the oven, drizzle with pomegranate molasses and olive oil and toss to coat. Sprinkle with additional sesame seeds and fresh dill.
2. Place the dipping sauce in a small bowl and grate additional lemon zest over the top.
3. Serve the meatballs on a sharing platter, along with the dipping sauce.

Hints and tips

- Greek yoghurt can be substituted for sour cream for the dipping sauce.
- Ras el hanout is available at specialty delis. Ras el hanout is translated as “head of shop,” the Arabic phrase means “top shelf.” Legend has it this Moroccan spice blend was created by spice dealers who would mix together the best of what they had on offer, thus creating a heady, aromatic signature blend of spices.