

# A Sutherland Belle

## **Turkish Meatballs with Mint Yogurt & Tomato Cucumber Salad**

### **INGREDIENTS**

#### *For the Meatballs*

- 1 red bell pepper, sliced
- ½ small white onion, sliced
- 4 cloves garlic
- ½ pound lean ground beef
- ½ pound ground lamb (or sub with lean ground beef)
- 1 cup fresh bread crumbs
- 2 teaspoons cumin
- 2 teaspoons dried coriander
- 1 ½ teaspoons smoked paprika
- 1 teaspoon red pepper flakes
- ½ ground cinnamon
- 2 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper
- Shredded lettuce and pita bread for serving

#### *For the Yogurt*

- 1 cup plain full fat Greek yogurt
- ½ cup fresh mint leaves, finely chopped
- 4 cloves garlic, minced
- 2 tablespoons lemon juice (about 1 large lemon)
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper

#### *For the Salad*

- 4 vine-ripe tomatoes, pulp removed and diced
- 5 mini cucumbers, diced
- ½ large red onion, diced
- 4 scallions, chopped
- 2 cloves garlic, chopped
- ½ cup fresh cilantro, roughly chopped
- ¼ cup fresh mint leaves, roughly chopped

- 2 tablespoons olive oil
- Juice of a lemon
- ½ teaspoon kosher salt
- ½ teaspoon freshly cracked black pepper

## **INSTRUCTIONS**

1. Heat the oven to 375 degrees.
2. In food processor, combine the bell pepper with onions and garlic cloves; pulse just until the vegetables are finely chopped but not puréed.
3. Transfer the vegetables to a large bowl and add the lamb, beef, bread crumbs, cumin, coriander, smoked paprika, cinnamon, crushed red pepper, salt and black pepper. Mix the ingredients with your hands or a flexible spatula until thoroughly combined.
4. Line a rimmed baking sheet with parchment paper. Using lightly oiled hands, form about 24 small meatballs (roughly 1 heaping tablespoon each) and place on the oiled parchment, spaced about 1 inch apart. Transfer the meatballs to the oven and bake until they are golden brown and cooked through, 25 to 30 minutes.
5. While the meatballs bake, in a small serving bowl, whisk together the ingredients for the yogurt sauce. Adjust salt and pepper to taste.
6. In a large serving bowl, mix all the ingredients for the salad. Adjust salt and pepper to taste.
7. Serve the meatballs in pita with lettuce, tomato & cucumber salad, and yogurt sauce, or alternatively, deconstructed in a bowl served over warm couscous.