

Minty lamb meat balls

Ingredients required for 6 persons

Preparation time 30 minutes

Difficulty easy

Ingredients

450 g lamb meat
4 TL tomato paste
25 g grated parmesan
1 whisked egg
1 TL olive oil
2 cloves of garlic
1 EL nana mint spice oil
100 ml red wine
500 g finely chopped tomatoes
1 TL coconut flower sugar
salt and pepper
parsley
chives



Preparation

Place the lamb meat in a bowl with nana mint spice oil, 2 teaspoons tomato paste, parmesan and the whisked egg. Thoroughly mix, season with salt and pepper and form small meat balls. Heat olive oil in a pan and brown freshly pressed garlic for one minute. Boil up wine, tomatoes and tomato paste in the pan and add the meat balls. Cover the pan with a lid. Simmer for around 10 minutes until the meat is done. Garnish with chopped parsley and chives. Goes well with salad and baked potatoes.

By the way

The meat balls are also tasty as cold snack.