

Persian Meatballs

Ingredients

Meatballs

500g lamb mince
½ cup medium grain rice, boiled until just cooked
1 egg
1 small brown onion, grated
½ bunch of flat-leaf parsley, leaves picked and finely chopped
1 teaspoon advieh (Persian spice mix, available from Mediterranean and Middle Eastern grocers)
salt flakes
labne, to serve

Sauce

100ml olive oil
1 brown onion, finely diced
10 saffron threads, crushed
1kg canned diced tomatoes
salt flakes

Method

To make the meatballs, mix all the meatball ingredients in a large bowl and season. Divide the mix into 45-50g portions, roll into balls and refrigerate while you make the sauce.

To make the sauce, add the oil to a wide-based saucepan large enough to hold the meatballs. Cook the onion over low heat for about 10 minutes until translucent and softened. Add the saffron and cook for 1 minute. Add the tomatoes and cook over low-medium heat for 30 minutes. Season the sauce to taste.

Gently drop the meatballs into the sauce and turn the heat up to high so that the sauce returns to the boil. Turn the heat down to a simmer and cook for 30 minutes.

Serve meatballs with a dollop of labne.