



# INDIAN INSPIRED MEATBALLS

## Ingredients:

### For the meatballs:

- 250 gram minced pork
- 250 gram minced chicken
- 75 gram shredded courgette
- 2 cloves minced garlic
- 1 tablespoon grated ginger (fresh)
- 1 tablespoon chopped coriander (fresh)
- 1 tablespoon garam masala
- 1 teaspoon salt
- 1 tablespoon of coconut oil

### For the sauce:

- 3-4 tablespoons of coconut oil
- 2 teaspoons garam masala
- 2 teaspoons sweet paprika
- 2 teaspoons ground coriander
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon chilipepper
- 1 tablespoon fresh ginger grated
- 1 cinnamon stick
- 700 gram passata, tomato sauce (preferably sauce with pieces)
- 70 gram, a small can of concentrated tomato sauce
- 20 cl coconut cream
- 1,5 tablespoon fresh lemon juice
- 1,5 teaspoon salt



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## Recipe:

### Meatballs

1. Wash your hands and make sure you have all ingredients in reach.
2. Take a large bowl and add all the ingredients for the meatballs, except for the coconut oil
3. Mix everything evenly with your hands.
4. Make large meatballs with a diameter of more or less 5-7 cm.
5. Heat a pan and add the coconut oil. You can use a cast-iron skillet (as you see in my video), but this is not mandatory.
6. Once the oil is melted, gently add the meatballs and bake them brown on all sides. Make sure they don't burn. Try to get them almost done, but not completely.
7. When they are ready, take them out of the pan, and set aside for a moment. Rinse the pan with a (paper) towel and start with the sauce.

### Sauce

1. Melt the coconut oil for the sauce in the pan on a medium heat.
2. Add all the spices and stir.
3. Add the concentrated tomato paste and stir together with the spices (except salt).
4. Add the tomatosauce and blend well with the spiced tomato sauce.
5. Turn the heat on low and add the coconut cream, and the lemon juice. Add salt.
6. When everything is well combined, gently put in the meatballs and let simmer until the meatballs are completely done.

Serve with rice.