

Under 30 minutes

Serves 4

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Ingredients:

Meatballs:

- 1 small onion, diced
- 1 tsp (5ml) ground cinnamon
- 1 tsp (5ml) ground allspice
- 2 tsp (10ml) ground cumin
- 500g lamb or beef mince
- Salt and milled pepper
- Glug olive oil, for frying

Sauce:

- 1 tub (250ml) sour cream
- 1 cup (250ml) lamb or beef stock
- 1 packet (500g) tagliatelle, cooked (use wholewheat if you prefer)
- ½ a sliced red onion and a handful chopped dill, for serving

Method:

1. Mix meatball ingredients together and season.
2. Roll into small balls.
3. Heat oil and fry meatballs on each side until cooked through.
4. Add sour cream and stock.
5. Cover and simmer for about 5-10 minutes or until thickened.
6. Serve on a bed of pasta and top with onions and fresh dill.