Minted Lamb Meatball Curry

Meatballs
- 1 kilo lamb mince
- 1 tsp sea salt
- 3 tbsp mint sauce
- 1 tsp garam masala
- 1 tsp paprika

Curry
- 1 tbsp oil for frying
- 4 shallots, finely diced.
- 2 red bird's eye chillies, chopped.
- 250ml hot lamb stock
- 400ml tinned tomatoes, chopped.
- 1 tbsp soft brown sugar
- 12 baby plum or cherry tomatoes
- 75g green beans, halved (can use frozen)
- 100ml natural yoghurt
- 30g fresh mint, to serve (optional)

Curry paste
- 2 tbsp coriander powder
- 1 tbsp cumin powder
- 1 tsp cracked black pepper.
- 4 large cloves of garlic, crushed.
- 3 inch piece of ginger, grated and chopped
- 1 tbsp tomato puree
- 1 tbsp mint sauce
- 1 tbsp tamarind paste
- 1 tsp turmeric powder
- 1 tsp paprika

- Place the mince into a bowl with the salt, mint sauce, garam masala and paprika. Mix until well combined.
- With wet hands, shape the mixture into evenly sized meatballs. You can use an ice-cream scoop to help make them similar in size, but they don't need to be perfectly round. Make sure they're compact, as lamb meatballs can break apart easily. Place them in the fridge for at least 30 minutes.
- Curry Paste: Whisk all paste ingredients together and set aside.
- Preheat the oven to 180°C.
- Heat the oil in a pan and fry the meatballs in batches, carefully turning them so they're browned on all sides, but do not break. Remove with a slotted spoon and set aside.
- In the same pan, add the shallots and cook until browned. Add the chillies and curry paste, then cook for 2–3 minutes.
- Pour in the lamb stock, chopped tomatoes and brown sugar. Let the sauce bubble for a couple of minutes.

- Return the meatballs to the sauce and cover with a lid. Transfer the pan to the oven and cook for 25 minutes.
- Remove the pan from the oven and add the baby tomatoes and green beans. Stir gently to avoid breaking the meatballs, then return to the oven uncovered for 10 minutes. This allows the sauce to reduce slightly and the meatballs to brown.
- Carefully remove the pan from the oven and leave to cool for 5 minutes. Stir in the yoghurt to prevent it from splitting. I like to add it to one corner of the pan and whisk it quickly into the sauce. Once combined and creamy, return the pan to the hob and warm through gently.
- Serve with a sprinkle of mint leaves.