



ROYAL
VOLUNTARY
SERVICE

MEATBALL TAGINE WITH LEMON AND TABBOULEH

by Alison Crouch

Ingredients

For the meatball tagine with lemon

- 1 slice white bread, crusts removed
- 2 tbsp milk
- 450g minced beef or lamb
- 1 clove garlic crushed
- A handful of parsley, chopped
- 1 tsp cinnamon
- 1 tsp cumin, ground
- ½ tsp cayenne pepper
- Salt and pepper to taste
- 20g butter
- 1 tbsp oil
- 1 red onion, diced
- ½ chilli, diced
- A handful of coriander, chopped
- Juice of 1 lemon



- 300ml water
- 2 lemons cut into wedges
- 50g feta to serve

Method

1. Break up the bread and soak it in the milk. In a separate bowl, mix together the meat, garlic, parsley and spices. Add the soaked bread and milk. Mix well so all ingredients are evenly mixed in with the meat. Season well.
2. Shape into evenly sized meatballs. In a frying pan add butter and oil. Fry the meatballs to brown for 5 minutes turning onto all sides.
3. Lift out of the pan and put to one side. Add the onion with the chilli and fry until soft. Add the coriander and lemon juice.
4. Add in the meatballs and water. Place on a lid and poach the meatballs for 20 to 30 minutes depending on size. Remove the lid, place in the lemon wedges and simmer uncovered for a further 10 minutes. Season to taste.



Ingredients

For the tabbouleh

- 25g fine bulgur wheat
- 3 medium tomatoes
- 1 red onion
- ½ cucumber
- 4 large bunches fresh flat-leaf parsley, chopped
- 2 bunches fresh mint, chopped
- Juice of ½ lemon
- 2 tbsp olive oil
- Salt and pepper

Method

1. Place the bulgur wheat into a small bowl and cover with 50ml of boiling water. Stir, then set aside for 20 minutes, or until the bulgur wheat has absorbed all of the water.
2. Dice the tomatoes, add to the bowl, along with any juices. Chop the red onion finely and add to the bowl. Dice the cucumber and stir into the bowl. Stir in the parsley and mint.



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3. Add the lemon juice to taste, olive oil, salt and pepper. Taste, adjust the seasoning and serve at room temperature with the meatballs and crumbled feta on top.

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