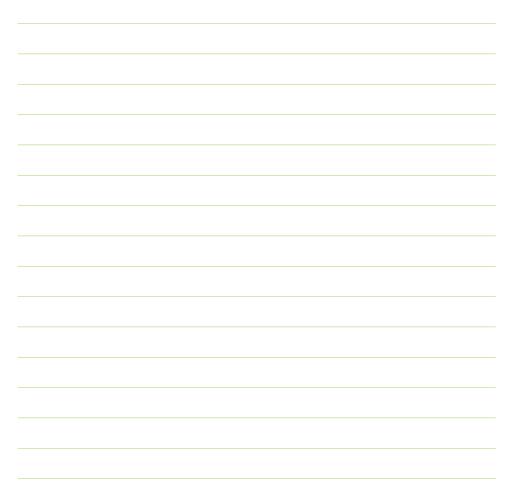
Notes:



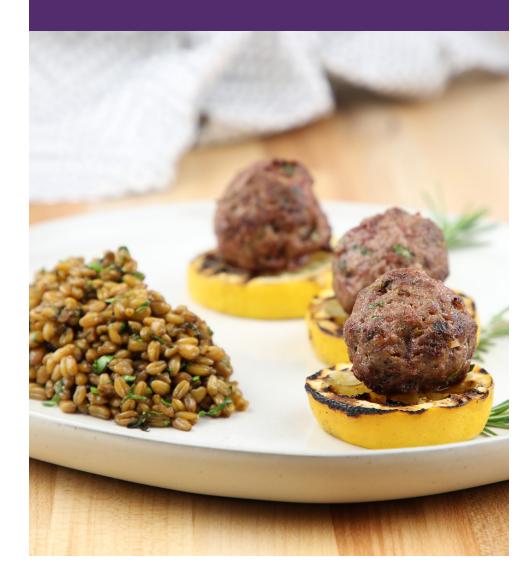
Chomas cuisine







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Citrus Mint Freekeh & Lamb Meatballs

Freekeh Yield: 10 each / 6 oz portions Lamb Meatball Yield: 2 each / 2 oz servings



Freekeh and Lamb with Citr

Garnish with Citrus Slices

2 each Lemon

2

1

1 2

- 2 Tbsp Olive Oil
- Salt & Pepper to taste

cup Parsley

Ingredients: Lamb Meatballs

Ingredients: Citrus Mint Freekeh

cups Chopped Mint

cup Green Onions

each Navel Orange

32 oz cooked Freekeh

- 5 lbs Ground Lamb
- 3 ¼ tsp Curry Powder
- 4 ¼ Tbsp Cumin
- 4 ¼ Tbsp Coriander
- 2 Tsp Cinnamon
- 2 Tbsp Black Pepper
- 2 Tbsp Sea Salt
- 1 Tbsp Extra Virgin Olive Oil
- 3/4 cup Fresh Italian Parsley
- 34 cup Fresh Mint
- 1 1/2 Tbsp Fresh Lemon Zest
- 1 1/2 Tbsp Fresh Orange Zest



Citrus Mint Freekeh & Lamb Meatballs

Preparation, Citrus Mint Freekeh

- 1. Cook Freekeh according to package directions
- 2. Chiffonade (thinly slice) mint, chop parsley, finely slice green onions.
- 3. Slice lemons and oranges into 3/4" rounds and char them on the grill for 5-6 minutes.
- 4. In a mixing bowl add the steamed freekeh, chopped herbs, juice of the charred citrus, olive oil, and S & P as needed.
- 5. Prepare lamb meatball recipe

Preparation, Lamb Meatballs

- In a designated sanitized sink or container soak mint and parsley in Anti-Microbial Fruit & Vegetable Wash, then agitate for no longer than 90 seconds, allow to drain in a colander or strainer.
- 2. Chop Mint and Parsley.
- 1. Place all the ingredients into a 40 qt mixer, on low speed or setting gently combine all the ingredients
- 2. Form meatballs to golf ball size, place on sheet pan and bake at 350°F for 15-20 minutes or until internal temperature reaches 165°F degrees