



whole  
grains  
WINTER PROMOTION

# CITRUS MINT FREEKEH AND LAMB MEATBALLS



## Citrus Mint Freekeh & Lamb Meatballs

Freekeh Yield: 10 each / 6 oz portions

Lamb Meatball Yield: 2 each / 2 oz servings



Freekeh and Lamb with Citrus



Garnish with Citrus Slices

### **Ingredients: Citrus Mint Freekeh**

- 32 oz cooked Freekeh
- 2 cups Chopped Mint
- 1 cup Green Onions
- 1 cup Parsley
- 2 each Navel Orange
- 2 each Lemon
- 2 Tbsp Olive Oil
- Salt & Pepper to taste

### **Ingredients: Lamb Meatballs**

- 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
- ¾ cup Fresh Italian Parsley
- ¾ cup Fresh Mint
- 1 ½ Tbsp Fresh Lemon Zest
- 1 ½ 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**

1. 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