



## Meatballs with Lemon Bay leaf Sauce

### Ingredients

- 500 g Minced lamb
- 150 g Beef sausage, pre-cooked
- 100 g Onion
- 3 g Garlic, finely chopped
- 1 tbsp Ground dried thyme
- 20 g Grainy mustard
- 1 piece Egg
- 0.5 cup bread crumbs
- 2 tbsp Olive Oil
- 200 g Lemon
- 20 g bay leaves
- 500 g Water
- 1 Sachet Maggi Kofta Mix
- 300 g Rocket leaves

### Instruction

1. In a bowl, mix the components of meatballs: minced meat, sausage, chopped onion, garlic, thyme, eggs, salt and pepper to taste.
2. Mix ingredients until well combined; add the breadcrumbs as per dough texture so as to be easily formed.
3. Shape the dough into balls of equal size. Heat a little oil in a skillet and fry on all sides until it becomes brown in color.
4. Slice 2 of the lemons into wedges and mix with meatballs to become tender; squeeze the remaining lemon, add to meatballs and mix for a minute.
5. Add the water, Maggi beef bouillon, bay leaves and mix; leave over low heat to simmer and well done.
6. Season to taste and place in a serving dish with mashed potatoes and freshly cut rocket leaves.

### Nutrition

Carbohydrates	20.07 g
Energy	393.06 kcal
Fats	24.03 g
Protein	25.62 g

30 Minutes

6 servings