



CLONAKILTY

WARM SALAD OF LAMB MEATBALLS WITH CHILLI, LIME & CORIANDER DRESSING



IRISH YOGURTS 
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Warm Salad of Lamb Meatballs with Chilli, Lime & Coriander Dressing

Recipe by Chef Edward Hayden

Ingredients

- **Lamb Meatballs**
- 1½ lb/700g minced lamb
- 50g breadcrumbs
- 25g parmesan cheese-grated
- ½ teaspoon of cayenne pepper



- 1 tablespoon Irish Yogurts Clonakilty 0% Kefir Natural
- ½ red onion-finely diced
- 1 tablespoon freshly chopped coriander
- 1 egg
- Seasoning
- **Sweet Chilli & Lime Dressing**
- 4 tablespoon Irish Yogurts Clonakilty 0% Kefir Natural
- 1 tablespoon Sweet Chilli Relish
- 1 tablespoon freshly chopped coriander
- Juice of ½ lime
- **Salad**
- Lettuce Leaves
- 1 carrot-peeled into ribbons
- 1 cucumber-peeled into ribbons
- 8 cherry tomatoes-halved
- Salted peanuts
- Fresh coriander

Directions

- **Lamb Meatballs**
- Preheat the oven to 180°C/350°F/Gas Mark 4
- Add all the ingredients for the meatballs together in a large mixing bowl and mix well until combined. Divide the mixture into approximately 16 pieces and roll into round balls
- Place the meatballs onto a baking tray and cook in the preheated oven for 15-18 minutes or until all the juices run clear and the meat is thoroughly cooked.
- **Sweet Chilli & Lime Dressing**
- Mix together all the ingredients for the dressing and store in the fridge until required
- **To Serve**
- Arrange the salad leaves on a large platter. Scatter with the cherry tomatoes and the ribbons of both carrot & cucumber
- Place the meatballs on top. Drizzle with some of the delicious dressing and then garnish with fresh coriander and some salted peanuts