

Lamb and Dill Meatballs with Creamy Mushroom Sauce and Cauli Mash

by Healing Family Eats

Prep time: 30 minutes

Cook time: 40 minutes

Serves: 4

MEATBALLS

1 small onion, finely chopped

2 large cloves garlic, minced

1+1/2 lb ground lamb

1/4 cup chopped dill

2 tablespoons pumpkin purée

generous pinch sea salt

2 teaspoons avocado oil to fry

MUSHROOM SAUCE

3 tablespoons avocado oil

1 large shallot, finely chopped

10 oz white button mushrooms, sliced

2 cloves garlic, minced

1 cup chicken broth

1 cup coconut milk

generous pinch sea salt

extra dill to garnish

CAULI MASH

1 large head cauliflower, cut into medium florets

4-6 tablespoons bacon fat or other fat

generous pinch sea salt

To make the meatballs, put the onions into a frying pan and gently cook for 6 minutes until softened. Add the garlic and cook for a minute more. Transfer to a bowl to cool down.

Put the ground lamb into the large bowl with the onion, garlic and the remaining ingredients. Mix well and form into 16-18 walnut-sized balls.

Wipe out the pan and add the avocado oil followed by the meatballs. If they don't all fit, you will need to do two batches. Cook the meatballs for about 15 minutes on a medium heat, turning them to ensure they cook and brown evenly, regulating the temperature so they don't burn.



To make the sauce heat the avocado oil in a sauté pan and add the shallot. Cook for around 5 minutes on a gentle heat until translucent. Add the mushrooms and garlic and cook for 3-4 minutes on a low-medium heat, stirring frequently to ensure the onion and garlic don't burn.

Increase the heat to medium, add the chicken broth and deglaze the pan. Pour in the coconut milk and simmer for 7-8 minutes until reduced by one third. Transfer the mixture to a blender and blend until smooth.

Meanwhile steam the cauliflower for around 8 minutes. Place into a food processor and add the fat and a pinch of sea salt. Blend until smooth, taste and adjust the seasoning.

Arrange the meatballs onto bowls and pour the sauce over the top. Sprinkle extra chopped dill over the top and serve with cauli mash.