

Lamb Meatballs with IMMUNE BOOSTING BONE BROTH

*makes 20 meatballs and broth serves 4

FOR THE BROTH:

800 g lamb bones
1 onion cut in two
1 ginger tuber, sliced
1 turmeric tuber, sliced (If you cannot find fresh turmeric, replace with 7,5 ml of the powder)
2 garlic cloves, halved
1 teaspoon cloves
1 teaspoon coriander seeds
1 cinnamon stick
3 star anise pods
Handful of fresh coriander

FOR THE MEATBALLS:

500 g lamb mince
15 ml fresh ginger, grated
30 ml spring onion, finely chopped
15 ml coriander, finely chopped
15 ml mint, finely chopped
Salt to taste

TO SERVE:

Rice noodles
Thinly sliced carrot
Bean sprouts
Fresh coriander
Fresh mint
Lime wedge

FOR THE BROTH:

Place all the ingredients in a pot and fill with cold water. Leave on a low heat for 3- 4 hours. Strain the broth and adjust seasonings to your taste (I added some soy sauce and lime juice).

FOR THE MEATBALLS:

In a bowl mix all the ingredients. I don't use a binder for these meatballs as they pretty much stayed together when I started mixing it. If your mixture looks very loose and does not want to roll into balls, feel free to add an egg.

Roll the mixture into table spoon sized balls, and fry in a dry pan on a high heat until nicely browned. Alternatively you can poach the meatballs in the broth.

Create your own bowl and pour the warm broth over everything. Serve hot!



You can serve this with anything!
Get creative when making your bowl. Some pickled radishes, fresh spinach, sautéed shitaki mushrooms and sticky rice, will be great alternatives.