

Mediterranean Salad Plate with Lamb Meatballs

Thanks to True Aussie Beef & Lamb for the lamb that inspired this recipe

Lamb Meatball Ingredients

1 lb. ground Australian Lamb
1 egg
½ cup plain panko bread crumbs
2 tbsp finely chopped fresh parsley
1½ tsp dried oregano
½ tsp ground coriander
½ tsp ground cumin
½ tsp salt
¼ tsp black pepper
Crushed red pepper flakes to taste
2 tbsp olive oil

Salad Plate Ingredients

2 cups mixed salad greens, washed and dried
½ cup assorted mini sweet peppers, cut and deseeded
½ cup red wine vinegar
1 tbsp olive oil
Minced garlic to taste
½ cup garbanzo beans, drained
Assorted olives: Kalamata olives, cured and green (pitted), drained well
5-10 cherry or grape tomatoes, cut into pieces
1 red onion, sliced
Prepared stuffed grape leaves
Crumbled feta cheese
½ cup tzatziki
1 sprig fresh dill for garnish
2 sprigs fresh mint for garnish
Lemon pepper to taste
Salt and pepper to taste

Method

For the salad: One day before the cook, combine the vinegar, olive oil, garlic, salt and pepper and mini peppers in a zip lock bag and marinate in the refrigerator for 24 hours, turning occasionally.



Set the EGG for indirect cooking with a convEGGtor at 425°F/218°C with the cast iron skillet in the EGG to preheat.

Combine all of the meatball ingredients (except for the oil) in a bowl. Form the mixture into golf ball-sized meatballs.

In the cast iron skillet, warm the 2 tablespoons of olive oil. Add the meatballs in a single layer, making sure they're not touching, and let them cook until browned and cooked through, about 10 to 12 minutes. Transfer the meatballs to a paper towel-lined plate, cover to keep warm and set aside.

While the meatballs are cooking, remove the peppers from the marinade and set aside the marinade to dress the salad. Rinse the garbanzos well and let drain at least 10 minutes. Combine the drained garbanzos with olives. Add in the marinated peppers and desired amount of marinade to taste.

Arrange greens and top with lamb meatballs, olive and garbanzo mixture, tomatoes, onions, and stuffed grape leaves. Drizzle the rest of the marinade over the salad. Sprinkle with crumbled feta and lemon pepper. Serve with Tzatziki for dipping – garnish with fresh dill and mint.

