



CAMPBELLS
OF RUTHERGLEN

Recipe Inspiration

MIDDLE EASTERN MEATBALLS PAIRED WITH
THE BOBBIE BURNS SHIRAZ 2016



TAKE ME HOME!

Recipe Inspiration

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INGREDIENTS

- 500g beef mince
- 2 carrots
- coriander
- 100g pinenuts
- 2 cloves of garlic
- 100g greek yoghurt
- 150g pumpkin
- olive oil
- 2 tsp honey
- 1 egg
- 1/2 tsp salt
- 25g harissa spice mix
- 100g fine breadcrumbs

METHOD

Step 1) Preheat the oven to 220°C/200°C fan-forced. Cut the carrot (unpeeled) into 2cm chunks, do the same to the pumpkin. Finely chop the garlic (or use a garlic press). Finely chop the coriander.

Step 2) Place the peeled & chopped pumpkin and the carrot on an oven tray. Drizzle of olive oil and a pinch of salt and pepper. Roast for 20-25 minutes, or until almost tender. Remove the tray from the oven, drizzle the pumpkin and carrot with the honey. Return to the oven and roast for a further 5 minutes, or until tender and caramelised.

Step 3) Heat a large frying pan over a medium-high heat. Add the pine nuts and toast until golden. Transfer to a plate. Return the pan to a medium-high heat with olive oil (2 tsp for 2 people / 1 tbs for 4 people) and 1/2 the garlic. Cook for 30 seconds, or until fragrant, then transfer to a medium bowl. Add the Greek yoghurt, coriander (reserve some for garnish) and a good pinch of salt and pepper to the garlic oil. Whisk to combine.

Step 4) In a bowl, combine the beef mince, fine breadcrumbs, egg, harissa spice blend, the salt and the remaining garlic. Using damp hands, take 1 heaped tbs of the beef mixture and shape into a meatball. Set aside on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.

Step 5) Return the frying pan to medium-high heat with a drizzle of olive oil. Add the meatballs and cook for 8-10 minutes, turning regularly or until browned and cooked through.

Step 6) Plate with a garnish of Greek yoghurt & coriander. Enjoy with a glass of Bobbie Burns Shiraz.