



bit spicy

# North Indian Meatballs with a Yoghurt Sauce

We have used our North Indian Meatballs blend to make a different version of a classic dish. Lamb slowly cooked in a yoghurt sauce, with a hint of mint in the spices to enhance the flavours

**serves 4-6**

- 1 packet [North Indian meatball](#) spice blend
- 1 lb/ 500g minced lamb
- 150ml thick plain yoghurt
- 300ml '[secret sauce](#)'
- 2 tbsp vegetable oil

1. Thoroughly mix the mince with half the packet of spice mix. Form into about 20 meatballs and chill for at least an hour.
2. In a heavy-weight pan heat the oil till quite hot then fry the meatballs till brown all over. Remove the meatballs and set aside.
3. Stir in the remaining spices and cook for a couple of minutes until fragrant.
4. Pour in the secret sauce and yoghurt, bring to the boil and simmer for a few minutes.
5. Return the meatballs to the pan and simmer for a further 20 minutes. These timings are the minimum; it can be left to bubble away.
6. Serve with rice and/or flatbreads.