

PGI Welsh Lamb,* mint and Traditional Welsh Caerphilly* bites



The saltiness of the Caerphilly cheese brings out the sweetness of the lamb for this tasty family supper dish. Serve over a bed of pasta.

Serves 4 | Prep 20 minutes | Cook 30 minutes

Ingredients

3 tbsp rapeseed oil
2 garlic cloves, crushed
½ bunch spring onions
1 x 400g tin whole tomatoes
500g Welsh Lamb mince
20g bunch fresh mint, chopped
10g fresh thyme, chopped
10g flat leaf parsley, chopped
1 egg
Zest of 1 lemon
100g Caerphilly cheese

Method

- 01** Heat 1 tbsp oil in a saucepan over a medium heat and add the garlic and spring onions.
- 02** Add the tinned tomatoes and season with salt and pepper. Cook over a high heat for 15 minutes until reduced and thickened.
- 03** In a bowl, mix the lamb, lemon and herbs together then add the beaten egg and lemon and season. Use your hands to mix, then crumble in half the cheese and mix well. Form into 20 even-sized balls.
- 04** Heat the remaining oil and fry the meatballs on all sides to brown (around 6-8 minutes).
- 05** Lower the heat, pour off excess oil and add the tomato sauce. Stir and warm through for a few minutes.
- 06** To serve, scatter the remaining cheese over the top.

