



## Mediterranean Lamb Meatballs with Cilantro Crema

**Active Time:** 15 minutes | **Total Time:** 30 minutes | **Serves:** 8

### Nutrition Information Per Serving

387.6 calories, 1.3 g carbohydrate, 0.29 g fiber, 1.01 g NET carbs, 18.96 g protein, 33.58 g fat

#### Ingredients

- 3 tbsp(s) Let's Do Organic Heavy Coconut Cream
- 2 pound(s) grass-fed ground lamb
- 1 Tbsp. fresh rosemary, minced
- 4 clove(s) garlic, minced
- 1 Tbsp dried oregano
- 3 Tbsp(s) extra virgin olive oil
- 2 tsp(s) sea salt
- 1 Tbsp fresh lemon juice
- 2 Tbsp(s) cilantro, chopped

#### Preparation

1. Preheat oven to 375 F. Grease a cookie sheet.
2. In a medium bowl, gently combine the ground lamb, sea salt, oregano, rosemary, half the minced garlic and half the olive oil.
3. Scoop lamb mixture and form golfball-sized meatballs, placing on the cookie sheet.
4. Drizzle with remaining oil and transfer to the oven.
5. Bake for 15-17 minutes.
6. While meatballs bake, make the crema. In a small bowl, whisk together the coconut cream, remaining minced garlic, and lemon juice. Stir in the chopped cilantro. Season with sea salt, if desired.
7. Serve meatballs with cilantro crema.

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