

MOROCCAN MEATBALLS IN TOMATO-HARISSA SAUCE WITH YOGURT DRIZZLE



Ingredients

Servings: 36 meatballs

- 1/2 cup milk
- 1 1/2 8-inch pita, torn into 1-inch pieces
- 2 pounds ground lamb
- 1 cup parsley, minced
- 1/4 cup mint, minced
- 1 teaspoon dried oregano
- 1 teaspoon cumin
- 1 teaspoon coriander
- 6 garlic cloves, minced
- 2 tablespoons olive oil
- 1/2 onion, chopped
- 3 garlic cloves, chopped
- One 28-ounce can crushed tomatoes
- 2 tablespoons harissa
- 1 1/2 cups Greek yogurt
- 3/4 cup cilantro, chopped
- 1/4 cup lemon juice
- 2 teaspoons garlic, chopped
- 3/4 teaspoon cayenne pepper
- Combine the milk and the pita in a bowl and let sit until the bread is soft, about 10 to 5 minutes. Mix with your hands until the pita is broken apart and mushy. Add the lamb, 1 cup of the parsley, the mint, oregano, cumin, coriander, minced garlic, salt and pepper; mix to combine and divide into 36 1-ounce meatballs.
- Heat 1/2 of the olive oil in a 6-quart saucepan over medium-high heat. Working in batches, cook the meatballs until browned, 4 to 6 minutes. Transfer to a plate and set aside. Add the remaining olive oil to the pan; return to medium-high heat. Cook the onion and crushed garlic until softened, 1 to 2 minutes. Add the tomatoes, harissa, salt and pepper; simmer until sauce is slightly thickened, 10 to 15 minutes. Add the reserved meatballs and cook them, covered, until the meatballs are tender, about 15 minutes. While the meatballs are cooking, mix the yogurt, cilantro, lemon juice, garlic and cayenne.
- Serve with couscous and an arugula salad. Drizzle the yogurt sauce over everything.

