

BBC Radio Wales Cookalong

Recipe Card

Stephen Terry's Welsh Lamb Meat Balls with Penne Pasta, Root Vegetables and Rosemary

Based on 100g of dried pasta per person

750g minced lamb (preferably shoulder of lamb)

3 whole eggs

100g Dried breadcrumbs

Salt and pepper to taste

3 slices of white bread

(crusts removed, soaked in water and squeeze out the excess water)

Olive oil

1 litre of Chicken stock (using a stock cube)

3 large carrots (peeled, quartered & diced)

3 sticks of celery (washed, peeled & cut into ½cm slices)

1 small celeriac (peeled & diced, similar size to the carrot)

Sprig of rosemary

Combine the minced lamb with the soaked bread, eggs, dried breadcrumbs and seasoning, mix together thoroughly.

Divide the mix into approx 35g balls, by rolling the mixture into a ball in the palm of your hand giving you roughly five pieces per person.

Gently fry the meatballs in a non-stick frying pan on a medium heat for 3-4 minutes each side in a little oil until they are golden brown. Remove, drain onto kitchen paper and place in the stock in a roasting tray/baking dish with the root vegetables & rosemary. Cover the tray with foil and bake in the oven at 150°C for 30 minutes.

Take the roasting tray/baking dish out of the oven and carefully remove the meatballs from it, add the pasta to the cooking stock, replace the meatballs on top of the pasta and put the roasting tray/baking dish back in the oven without the foil and bake for a further 10 minutes.