

Kate Jay's Lamb Meatballs in Roasted Root Sauce

INGREDIENTS

For the root sauce:

- 1 tablespoon **coconut oil** or other solid fat; Use 1 - 2 Tbsp garlic infused olive oil if you are FODMAP Sensitive
- ¾ lb red beets (2 medium), peeled
- ¾ lb yellow beets (2 medium), peeled
- 12 oz carrots
- 4 cloves garlic, unpeeled (Used 1-2 Tbsp garlic infused olive oil if you are FODMAP Sensitive - see above)
- 2½ cups hot chicken bone broth (with no onions or garlic if you are FODMAP Sensitive)
- 3 tablespoons lemon juice, Meyer lemon if you can get it
- Generous pinch **sea salt**



For the meatballs:

- 1¾ lb ground lamb
- 2 tablespoon lemon zest, Meyer lemon if you can get it
- ¼ packed cup finely chopped dill, plus extra for garnishing
- 3 tablespoon freshly grated horseradish
- Generous pinch **sea salt**
- **Coconut oil** or other solid fat to fry

INSTRUCTIONS

1. Make the sauce. Heat the coconut oil in a roasting pan then cut the beets and carrots into similar sized pieces and put into the pan, together with the garlic. Cook for around 45-50 minutes, turning them half way through. Squeeze the garlic out of the cases and transfer to a blender (skip this step if you are FODMAP Sensitive), along with the roasted veggies, chicken broth, lemon juice and salt, and blend until smooth.

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2. Meanwhile make the meatballs. Put the ground lamb into a large bowl, add the remaining ingredients and mix well. Fry a small amount of this mixture in order to check you have added enough seasoning and readjust if necessary. Form into 20 walnut-sized balls.
3. Heat a small amount of coconut oil in a large heavy based sauté pan and add the meatballs. If they don't all fit, you will need to do two batches. Brown the balls on medium heat, turning them to ensure they are evenly colored and regulating the temperature so they don't burn. Remove to a large plate and then pour the beet purée into the empty pan. Arrange the meatballs over the top, cover with a lid to stop the purée spitting and cook for around 10-12 minutes until cooked through.
4. Serve with grated horseradish and a sprinkle of chopped dill over the top.

Recipe courtesy of **KATE JAY** and <https://autoimmunewellness.com/lamb-meatballs-roasted-root-sauce/>