Air Fryer Shawarma Meatballs

Ingredients

- 250 g Lamb mince
- 235 g Tinned green lentils, (drained weight)
- 80 g Bread Crumbs
- 1 Egg
- 1 teaspoon Olive Oil
- 1 cucumber, sliced
- 1 packet Maggi Air Fryer Shawarma Seasoning
- 0.5 bunch mint leaves
- 4 tablespoons Red Pepper Houmous (Reduced Fat)
- 200 g Mixed Leaf Salad
- 2 Shallots
- 0.5 bunch fresh parsley, chopped
- 100 g radishes, sliced
- 1 lemon

Instructions

1. Place all the ingredients for the meatballs into a bowl and mix well with clean hands.
2. Roll the mix into walnut-size balls and place on to a plate.
3. Preheat the air fryer to 180C for 5 mins.
4. Transfer the meatballs to the air fryer and drizzle with 1 tsp oil and cook for 8 minutes or until piping hot throughout.
5. Remove the meatballs from the air fryer (keep them in a covered bowl to keep warm). Add the bread to the air fryer basket to warm through for 1-2 mins.
6. Prepare the salad and serve up!

Nutrition

Carbohydrate	36.55 g
Energy	424.91 kcal
Fat	20.63 g
Fibre	8.09 g
Protein	21.67 g
of which: saturates	7.68 g
Sodium	659.14 mg
of which: sugars	659.14 mg

30 Minutes

4