



Nourish Recipe

Mini Lamb Meatball Pitas

Servings: 4

Prep: 15 minutes

Cook: 15 minutes

Recipe courtesy of

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What you'll need



measuring
spoons



measuring
cups



sheet pan



Ingredients

Meatballs

1 lb ground lamb

2 tsp tomato paste

¼ cup fresh parsley chopped

1 scallion chopped

1 clove garlic minced

1 tsp sea salt

½ tsp coriander

½ tsp onion powder

½ tsp black pepper

¼ tsp cumin

Pitas

Mini pitas

Hummus

Pickled red onion

Mini cucumber, sliced

Tomatoes, diced

Mini Lamb Meatball Pitas

Instructions

1. Preheat oven to 400°F.
2. Combine all ingredients for the meatballs (your hands are your best tools here). Roll into small balls, and place on a parchment-lined baking sheet.
3. Bake meatballs for 15 minutes until the lamb is cooked through.
4. Assemble the pitas. Spread hummus on the pita, then top with meatballs, pickled onion, cucumber slices, and tomatoes.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **355**

% Daily Value

Total Fat 19.8g **25%**

Saturated Fat 7.3g **37%**

Cholesterol 82mg **27%**

Sodium 834mg **36%**

Total Carbohydrate 17.2g **6%**

Dietary Fiber 2.9g **10%**

Sugars 4.8g

Protein 25.1g

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 3mg **16%**

Potassium 453mg **10%**