



CLONAKILTY

MOROCCAN-SPICED TURKEY MEATBALLS WITH YOGURT & POMEGRANATE SEEDS





Moroccan-Spiced Turkey Meatballs with Yogurt & Pomegranate Seeds

Recipe by Chef Eunice Power

Ingredients

- **For the Meatballs**
- 550g minced turkey
- 1 tablespoon olive oil
- 2 shallots, finely chopped
- 1 tablespoon ras el hanout spice blend



- 3 garlic cloves, grated
- 80g panko breadcrumbs (or alternative)
- 1 large egg, lightly beaten
- $\frac{3}{4}$ teaspoon sea salt
- Zest of half a lemon
- 60g chopped fresh coriander
- **For the Yogurt Sauce**
- $\frac{1}{2}$ teaspoon ground cumin
- 250g Irish Yogurts Clonakilty Greek Style Natural Live Yogurt
- 1 tablespoon finely chopped preserved lemon
- $\frac{1}{4}$ cup chopped fresh coriander
- 1 garlic clove, minced
- **To Serve**
- Pomegranate seeds, about 50g, to sprinkle on at the end
- Optional: thinly sliced cucumber and red onion, for serving
- Extra chopped coriander for garnish

Directions

- Preheat your oven to 200°C (400°F)
- In a frying pan over medium-low heat, warm the olive oil. Add the chopped shallots and cook until softened and golden. This will take about about 4 minutes
- Add the ras el hanout and stir for about 1 minute, then add the grated garlic and cook until fragrant, about 30–60 seconds. Remove from the heat and let cool slightly
- In a large mixing bowl, combine the minced turkey, shallot-spice mixture, chopped coriander, breadcrumbs, egg, salt, and lemon zest. Mix gently until just combined — do not over-mix
- Shape the mixture into meatballs, about 2½–3 tablespoons each
- Heat the same frying pan again, adding a little more oil if needed, and brown the meatballs on all sides for about 5 minutes total. Transfer the meatballs to the oven and bake for 10–12 minutes, or until fully cooked through
- Make the yogurt sauce: In a bowl, combine cumin, yogurt, preserved lemon, chopped coriander, and minced garlic. Stir well to combine
- To serve: Spoon the yogurt sauce onto a platter. Arrange the baked meatballs on top. Sprinkle with pomegranate seeds and garnish with extra coriander. Add cucumber and red onion slices if desired

Notes

- **Chef's Tips**
- Moisture matters: Don't over-mix the meatball mixture — gentle handling keeps them tender.
- Spice balance: Ras el hanout blends vary. Taste your mixture before forming meatballs; add a



pinch more if you like a bolder flavour.

- Perfect browning: Use medium heat so the meatballs colour evenly without drying out.
- Make ahead: Shape and chill the meatballs up to a day in advance, then cook fresh before serving.
- Serving idea: These are excellent with couscous, flatbreads, or a crisp green salad.