



Grandma's Meatballs with saffron rice

Makes 20-25 meatballs

Time to prepare 10 min

Time to cook 30 min

Ingredients for meatballs

500g (1 lb) minced veal, or a mix of lamb and beef
1 large onion, grated or finely chopped
2 tbsp fresh mint leaves, chopped
2 tbsp fresh coriander chopped
2 tsp turmeric
salt and pepper
some pomegranate seeds for garnish

Ingredients for sauce

1 medium onion, finely chopped
2 tbsp tomato paste
1 tbsp coriander, chopped
1tbsp parsley, chopped
1 tsp turmeric
4 tbsp olive oil
500ml (2 cups) hot water
salt and pepper

Ingredients for the saffron

rice 400 g (2 cups) basmati rice
50 g (175 oz) butter
1/2 teaspoon saffron
Water

To make the meatballs

Combine all the ingredients in a bowl. Mix well until completely combined, then shape into meatballs. Heat the oil in a large skillet over medium heat.

Fry the onion until lightly browned. Add the turmeric, tomato paste, salt and pepper. Stir a bit and then place the meatballs in. Once one side is slightly coloured, turn them and fry the other side. Add the hot water and scatter the chopped coriander and parsley and put the lid on. Cook for 15 minutes.

To make the saffron rice

Soak the rice in a pot of hot salted water, cover and set aside to soften. After 10 minutes, strain and add enough fresh water to cook, about a knuckle's distance above the rice. Simmer until the extra water has evaporated then cover and cook for another 10 minutes. Turn off the heat, add the butter on top and let it seep through before serving. Serve the meatballs on a bed of saffron rice

The best way to get the most flavour and colour out of the saffron is to steep it. To do this, grind 2 teaspoons of saffron pistils to a fine powder using a pestle and mortar. Add 30ml (2 tbsp) of boiling hot water and set aside to soak for 5 to 10 minutes. Then, add four spoons of rice to the saffron juice and mix until all the rice is coloured. e and enjoy it with Shirazi salad, Naan and yogurt cucumber dip.