

Gluten-Free Fried Egg Kibbeh Balls



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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A crispy outer layer. Inside, a firm egg white gives way to a warm runny yolk. Hungry yet?



This recipe comes from Ex-MasterChef competitor and expert family recipe developer, [Hoda Hannaway](#). Soft-boiled eggs are encapsulated with freshly seasoned kibbeh. Each bite reveals layers upon layers of texture. These gluten-free Fried Egg Kibbeh Balls are perfectly packaged and ready to be delivered to your tastebuds.



Ingredients

For the Kibbeh Shell:

- 1kg 100% lean beef, ground
- 1 cup crushed buckwheat, par-cooked
- ⅓ cup Tapioca flour
- 1 large onion
- ½ red capsicum
- 30 leaves fresh mint
- 20 leaves fresh marjoram
- 1 tsp 7 spices (Lebanese spice blend)
- 1 tsp Cayenne pepper
- 2 tsp salt
- ½ tsp ground cinnamon
- ½ cup extra virgin olive oil
- 6 soft-boiled eggs

To Garnish:

- Mint leaves
- Red Chilli
- Chives
- Pine nuts
- Seasoned Labneh

Method

1. Finely chop the red capsicum, mint, marjoram, onion, salt, Cayenne pepper and 7 spices in a food processor and mix well. Set aside.
2. Place the minced meat in a large bowl and add the par-cooked buckwheat and the mixture of pepper and mixed spices, and mix well with the hands for 3 minutes.
3. Divide mixture into 6 even portions. Take one portion of kibbeh meat and form a patty as thin as possible, place the soft boiled egg in the middle and carefully mold the kibbeh meat around the egg. Repeat the process for the rest of the eggs.
4. Heat vegetable or canola oil for frying in a pot over medium to high heat. Drop kibbeh balls into the oil and fry for a few minutes or until golden brown.
5. Serve with seasoned labneh and Garnish with slices of chilli, chives, pine nuts and a few mint leaves.