

Lemon Garlic Broccoli Meatballs



Hello. Is it me you're looking for? I hope so! It's me! I'm back! Can you believe it? I surely can't. It's really nice to be back and writing and creating again and I have my dear

friend, Sarah Lasry, and the folks at Pardes Farms to thank for bringing me back from blogging obscurity. Let's catch up from last we spoke, shall we?

So we had a 3rd kid. If you follow me on Instagram this should not be new information for you but if you don't well, then, SURPRISE! His name is Amos Ephraim and he is such a yummy baby boy. He is very loved and will definitely end up in his school counselor's office when he gets older and realizes that not everyone claps and celebrates him for every little thing that he does (as is his experience now as the baby of 2 oldest sisters and 2 adoring parents). Our family has spent the year navigating the ups and downs of life – being forced to move out of our home, helping our kids adjust to 1st grade, pre-school, daycare, full-time working parenting, side hustling, etc. We've met new friends and have attempted to work on building up and maintaining older friendships. I've built a nice little network of friends in my little corner of Los Angeles that I really love though one of my most favorite people moved to NYC.



In reflecting on my life since I last posted over a year ago, I can't say that I've necessarily reached any concrete goals but I also don't think I set any goals other than trying to maintain a structured and loving household now that there are 3 kids. I knew it would be hard. I did not know it would be this hard, but we are doing it and I can't believe how far

along my hubs and I have come since meeting that day in Jerusalem (read that story [here](#)). Blogging isn't the only thing that's been left to the wayside since birthing a 3rd human (I remember this thing, 'exercise'? I've heard of it but . . .) but my beloved friends who have been in the parenting game longer than me keep reminding me that I'm in the thick of it right now. I need to remember to be kind to myself and remind myself that these little kiddos won't be so little for long so try, TRY, to enjoy it. And I do. I honestly really do.



Lemon Garlic Broccoli Meatballs

1/2 pound ground beef
1/2 pound ground lamb
3 cloves garlic, minced
1 egg
1/2 cup matzah meal
2 tbsp kosher salt
1 tbsp ground pepper
1/2 cup Pardes riced broccoli – defrosted and thoroughly dried

3 tbsp oil

Lemon Garlic Sauce

3 tbsp margarine

Juice of 1/2 lemon

4 cloves of garlic, minced

Chopped parsley (optional)

Directions

Place all ingredients for meatballs into a large bowl. Mix with hands (you get a more even mixture if you do this by hand). Shape into golf ball-sized balls and set aside.

Add the 3 tbsp of oil to a large frying pan and place over medium-low heat. Cook the meatballs for 8 – 10 minutes on all sides, until browned and cooked through. Remove to a clean plate and set aside.

In the same skillet, melt 3 tablespoons of margarine. Add lemon juice and minced garlic to melted margarine and let simmer for 3 – 5 minutes. Taste and adjust seasoning if you feel you need more acid (a.k.a. lemon juice). Put meatballs back into the skillet and let the sauce and meatballs cook together for an additional 2 – 3 minutes. Taste and adjust seasoning to your liking. Garnish with parsley for added flare. Serve hot!

