

MOROCCAN BEEF MEATBALLS

with Couscous & Greek Yoghurt





Add ras el hanout to meatballs









Carrot





Fine Breadcrumbs



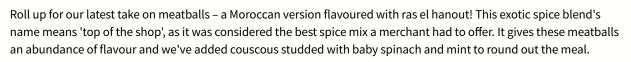
Tomato Paste





Vegetable Stock











Baby Spinach



Ras El Hanout



Flaked Almonds





Couscous



Hands-on: 35-45 mins Ready in: 40-50 mins Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use: · large frying pan · medium saucepan with a lid



GET PREPPED

Finely chop the **garlic** (or use a garlic press). Pick and finely chop the mint leaves. Finely chop the brown onion (see ingredients list). Grate the courgette and carrot (unpeeled). Roughly chop the baby spinach leaves.



MAKE THE MEATBALLS

In a large bowl, combine the **beef mince**, ras el hanout, egg, fine breadcrumbs (see ingredients list), the salt, 1/2 the garlic, 1/2 the mint and a pinch of pepper. Using damp hands, shape a heaped spoonful of the **beef mixture** into a meatball. Place on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



COOK THE MEATBALLS

Heat a large frying pan over a mediumhigh heat. Add the **flaked almonds** and toast until golden, 2-3 minutes. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the meatballs and cook, turning often, until browned, **5-6 minutes**. (The meatballs will finish cooking in step 4.) Transfer to a plate.



MAKE THE SAUCE

Return the frying pan to a medium-high heat. Add the **onion** and cook until slightly softened, 3 minutes. Add the courgette, carrot and remaining garlic and cook until soft, 5 minutes. Add the tomato paste (see ingredients list), crushed & sieved tomatoes (see ingredients list), water (for the sauce) and crumbled vegetable stock (1/2 sachet for 2 people / 2 cubes for 4 people). Bring to the boil. Reduce the heat to low, add the meatballs and simmer until cooked, **5 minutes.** Stir in the **butter**. Season with **salt** and **pepper**. * TIP: If the sauce is too thick, add a little more water.



COOK THE COUSCOUS

While the sauce is simmering, add the water (for the couscous) and crumbled vegetable stock (1/2 sachet for 2 people / 2 cubes for 4 people) to a medium saucepan and bring to the boil. Add the couscous and a drizzle of olive oil. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and stir through the chopped baby spinach and remaining mint.



SERVE UP

Divide the couscous and Moroccan beef meatballs between bowls and spoon over the remaining sauce in the pan. Sprinkle over the toasted almonds and top with a dollop of Greek yoghurt.

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
brown onion	1/2	1
courgette	1	2
carrot	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef mince	1 packet	1 packet
ras el hanout	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
tomato paste	¾ tin	1½ tins
crushed & sieved tomatoes	½ tin (200g)	1 tin (400g)
water* (for the sauce)	¼ cup	½ cup
vegetable stock	1 sachet	4 cubes
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
couscous	1 packet	2 packets
Greek yoghurt	1 packet (100g)	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3010kJ (718Cal)	428kJ (102Cal)
Protein (g)	48.6g	6.9g
Fat, total (g)	25.2g	3.6g
- saturated (g)	12.5g	1.8g
Carbohydrate (g)	68.0g	9.7g
- sugars (g)	21.2g	3.0g
Sodium (g)	1680mg	239mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

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2019 | WK48

