



MOROCCAN BEEF MEATBALLS

with Couscous & Greek Yoghurt



Add ras el hanout to meatballs



Garlic



Mint



Brown Onion



Courgette



Carrot



Baby Spinach Leaves



Beef Mince



Ras El Hanout



Fine Breadcrumbs



Flaked Almonds



Tomato Paste



Crushed & Sieved Tomatoes



Vegetable Stock



Couscous



Greek Yoghurt

Hands-on: 35-45 mins
Ready in: 40-50 mins

Roll up for our latest take on meatballs – a Moroccan version flavoured with ras el hanout! This exotic spice blend's name means 'top of the shop', as it was considered the best spice mix a merchant had to offer. It gives these meatballs an abundance of flavour and we've added couscous studded with baby spinach and mint to round out the meal.

Pantry Staples: Olive Oil, Egg, Butter

BEFORE YOU START

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**



1 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**.



2 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.



3 COOK THE MEATBALLS

Heat a large frying pan over a medium-high 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.



4 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.



5 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**.



6 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!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
mint	1 bunch	1 bunch
brown onion	½	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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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