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## Middle Eastern Meatball Potato Bake

It's incredible how easy it is to revolutionise a well loved dish of the nation by adding some spices and a bit of feta cheese. We've taken on the British hotpot and we're making it Middle Eastern. We're here to take you on an adventure, to explore new flavours. Fancy it? Then get cooking!



50 mins



super spicy



4.5 of your 5 a day



gluten free



family box



Red Potato (2 packs)



Red Onion (2)



Red Pepper (2)



Garlic Clove (2)



Ras-el-Hanout (1½ tbsp)



Beef Mince (500g)



Chopped Tomatoes (2 tins)



Baby Spinach (1 bag)



Feta Cheese (2 blocks)



Hard Italian Cheese (80g)

## 4 PEOPLE INGREDIENTS

- Red Potato, chopped **2 packs**
- Red Onion, sliced and chopped **2**
- Red Pepper, sliced **2**
- Garlic Clove, grated **2**
- Ras-el-Hanout **1½ tbsp**
- Beef Mince **500g**
- Chopped Tomatoes **2 tins**
- Baby Spinach **1 bag**
- Feta Cheese **2 blocks**
- Hard Italian Cheese **80g**

**Allergens:** Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	609 kcal / 2562 kJ	24 g	13 g	54 g	13 g	53 g	2 g
Per 100g	78 kcal / 330 kJ	3 g	2 g	7 g	2 g	7 g	0 g

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

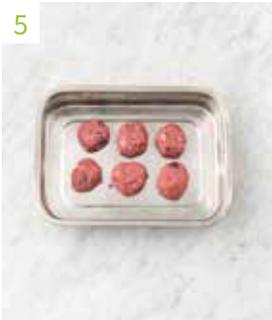
Ras-el-hanout is a classic spice mixture used in Middle Eastern cuisine. The name means 'top of the shop', which reflects its expensive ingredients.

2



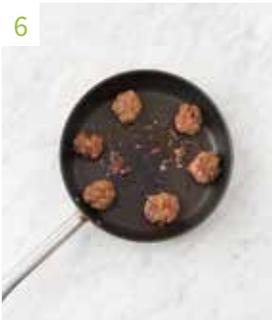
**1** Preheat your oven to 180 degrees. Chop the **red potato** into 2cm chunks (no need to peel!). Pop into a pot of water with a generous pinch of **salt** and put on high heat. When boiling, reduce the heat to medium and cook for 20 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.* Drain into a colander and keep to one side.

5



**2** Cut the **red onion** in half through the root, peel and then slice one half into wedges and chop the other half into small cubes. Place your **red onion wedges** on a baking tray, drizzle with a glug of **oil** and season with **salt** and **pepper**. Pop your **wedges** in your oven for 5 mins. Remove the core from the **red pepper** and cut into 1cm thick slices. After 5 mins, remove the tray from your oven and add your **pepper slices**. Pop back in and roast for a further 15 mins. **Tip:** *Turn your onion and pepper halfway through, to ensure it cooks evenly.*

6



**3** Peel and grate the **garlic** (or use a garlic press if you have one). Heat a frying pan on medium heat and add a splash of **oil**. Add your **red onion cubes** and cook for 5 mins until soft. After 5 mins add your **garlic** and half the **ras-el-hanout** and cook for 1 minute more.

**4** When your **onion cubes** are soft, remove from the pan and pop into a large bowl. Wipe out the pan with kitchen paper, we will use it again later.

**5** Add the **beef mince** to the bowl and season with a generous pinch of **salt** and a grind of **black pepper**. Shape the mixture into three even-sized **meatballs** per person. **Tip:** *Be sure to mix your beef and onion well so it holds together when cooked.*

**6** Heat your (now empty) frying pan over medium-high heat and add a glug of **oil**. Fry your **meatballs** for 5-7 mins, turning them every minute or so to make sure they colour evenly.

7



**7** When your **meatballs** are browned all over, add the **chopped tomatoes** and bring to the boil. Lower the heat to medium and add the remaining **ras-el-hanout**. Cook for 10 mins until your **sauce** has thickened and reduced by half. Mix in the **baby spinach** and cook for 1 minute more until your **spinach** has wilted. Taste your **sauce** and add more **salt** and **black pepper** if necessary.

**8** Don't forget your **onion wedges** and **pepper**! Remove from your oven when ready and allow to cool. Whilst your meatballs cook, spread your **potato, onion wedges** and **pepper** on the bottom of an ovenproof dish and then pop your **meatballs** on top.

**9** Top everything with your **tomato sauce** and crumble over the **feta cheese** and **hard Italian cheese**. Set your grill to high, pop the dish under your grill for 5 mins, until bubbling and golden. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!