



MOROCCAN BEEF MEATBALLS

with Couscous & Flaked Almonds



Flavour meatballs with Moroccan spices



Garlic



Mint



Brown Onion



Courgette



Carrot



Baby Spinach Leaves



Spring Onion



Beef Mince



Ras El Hanout



Fine Breadcrumbs



Flaked Almonds



Tomato Paste



Crushed & Sieved Tomatoes



Vegetable Stock



Couscous



Greek Yoghurt



Hands-on: 35 mins
Ready in: 40 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 beef 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, Eggs, 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**. Grate the **courgette** and **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Thinly slice the **spring onion**.



2 MAKE THE MEATBALLS

In a large bowl, combine the **beef mince**, **ras el hanout**, **eggs**, **fine breadcrumbs**, 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, tossing until golden, **2-3 minutes**. Transfer to a plate. Return the 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 continue 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**, **crushed & sieved tomatoes**, **water (for the sauce)** and **2 crumbled vegetable stock** cubes. Bring to the boil, then reduce the heat to low and return the **meatballs** to the pan. Simmer until the meatballs are cooked and the sauce thickens, **5 minutes**. Stir in the **butter** until melted. Season to taste with **salt** and **pepper**.

TIP: Add a little water if the sauce is too thick.



5 COOK THE COUSCOUS

While the sauce is simmering, add the **water (for the couscous)** and **1 crumbled vegetable stock** cube 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**, **spring onion** and **remaining mint**.



6 SERVE UP

Divide the couscous and Moroccan beef meatballs between plates and spoon over the remaining sauce in the pan. Top with the **Greek yoghurt** and flaked almonds.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	4 cloves
mint	1 bunch
brown onion	1
courgette	2
carrot	2
baby spinach leaves	1 bag (60 g)
spring onion	1 bunch
beef mince	1 packet
ras el hanout	2 sachets
eggs*	2
fine breadcrumbs	1 packet
salt*	½ tsp
flaked almonds	2 packets
tomato paste	2 sachets
crushed & sieved tomatoes	1 tin (400 g)
water* (for the sauce)	½ cup
vegetable stock	3 cubes
butter*	40g
water* (for the couscous)	1½ cups
couscous	2 packets
Greek yoghurt	2 tubs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3080kJ (736Cal)	453kJ (108Cal)
Protein (g)	49.4g	7.3g
Fat, total (g)	27.2g	4.0g
- saturated (g)	12.6g	1.9g
Carbohydrate (g)	67.3g	9.9g
- sugars (g)	20.3g	3.0g
Sodium (g)	1440mg	212mg

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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