



Moroccan-Spiced Beef Meatballs in Tomato Sauce with Carrots and Couscous

Family Friendly

30 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Ground Beef



Ground Turkey



Italian Breadcrumbs



Couscous



Carrot, chopped



Baby Spinach



Moroccan Spice Blend



Parsley



Fig Spread



Crushed Tomatoes



Garlic Puree

HELLO FIG SPREAD

This sweet condiment is punctuated with crunchy fig seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Couscous	½ cup	1 cup
Carrot, chopped	113 g	227 g
Baby Spinach	56 g	113 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Fig Spread	2 tbsp	4 tbsp
Crushed Tomatoes	370 ml	740 ml
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep and bake meatballs

- Line a baking sheet with parchment paper. Set aside.
- Combine **beef**, **breadcrumbs**, **half the Moroccan Spice Blend**, **half the garlic puree**, **¼ tsp salt** and **⅛ tsp pepper** (dbl both for 4 ppl) in a large bowl. (**TIP:** If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl), then arrange **meatballs** on the prepared baking sheet.
- Bake in the **middle** of the oven until golden-brown and cooked through, 10-12 min.**

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.



Finish prep

- Meanwhile, roughly chop **parsley**.
- Roughly chop **spinach**.



Cook cousous

- Meanwhile, add **⅔ cup water**, **1 tbsp butter** and **⅛ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



Finish meatballs

- Add **spinach** and **meatballs** to the pan with **sauce**. Cook, stirring often, until **spinach** wilts and **meatballs** are coated with **sauce**, 1-2 min.



Cook sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **carrots**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Reduce heat to medium, add **crushed tomatoes**, **¼ cup water** (dbl for 4 ppl), **remaining garlic puree**, **remaining Moroccan Spice Blend** and **fig spread**. Cook, stirring occasionally, until **sauce** thickens slightly, 4-5 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

- Fluff **couscous** with a fork, then stir in **half the parsley**. Season with **salt** and **pepper**, to taste.
- Divide **couscous** between bowls. Top with **meatballs** and **tomato sauce**.
- Sprinkle **remaining parsley** over top.