



MOROCCAN BEEF MEATBALLS

with Couscous & Greek Yoghurt



Add ras el hanout
to meatballs



Garlic



Mint



Brown Onion



Zucchini



Carrot



Baby Spinach
Leaves



Beef Mince



Ras El Hanout



Fine Breadcrumbs



Tomato Paste



Passata



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, 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 **zucchini** 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 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 **zucchini**, **carrot** and **remaining garlic** and cook until soft, **5 minutes**. Add the **tomato paste**, **passata** (**1/2 box for 2 people / 1 box for 4 people**), **water (for the sauce)** and crumbled **vegetable stock** (**1 cube 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 cube 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. 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
zucchini	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
tomato paste	1 sachet	2 sachets
passata	½ box (250g)	1 box (500g)
water* (for the sauce)	¼ cup	½ cup
vegetable stock	2 cubes	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.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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