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Moroccan Meatballs with Herby Couscous

The key to delicious fluffy couscous is twofold: the first is to make sure the couscous is well covered for 5 minutes so that the boiling water can fully absorb and give you a fluffy result. The second, flavour baby! Stirring butter and coriander through the couscous really brings it to life.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 2



high protein



diabetes friendly

Pantry Items



Olive Oil



Sugar



Water



Butter



Beef Mince



Brown Onion



Coriander



Cumin & Paprika
Spice Mix



Garlic



Diced Tomatoes



Baby Spinach



Couscous

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2P	4P	Ingredients
300 g	600 g	beef mince
1	2	brown onion, finely chopped
½ bunch	1 bunch	coriander, finely chopped
3 tsp	6 tsp	cumin & paprika spice mix
2 tsp	1 tbs	olive oil *
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	diced tomatoes
½ tsp	1 tsp	sugar *
1 bag	1 bag	baby spinach, washed
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter *

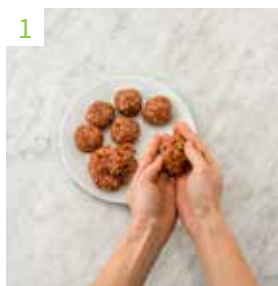
⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2520	Kj
Protein	44.5	g
Fat, total	17.1	g
-saturated	6.1	g
Carbohydrate	63.1	g
-sugars	12.2	g
Sodium	151	mg



You will need: *chef's knife, chopping board, garlic crusher, fork, two medium bowls, medium frying pan, medium bowl, kettle full of boiling water and cling wrap.*

1 Combine the **beef mince**, half of the **brown onion**, half of the **coriander** and the **cumin & paprika spice mix** in a medium bowl. Shape the mixture into meatballs (5 per person).



2 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the meatballs and cook for **4-5 minutes**, turning occasionally, until they are browned all over. Remove the meatballs from the pan and set aside.



3 Place the same frying pan back over a medium-high heat. Add the remaining onion and cook, stirring, for **5 minutes** or until softened. Add the **garlic** and cook, stirring, for **1 minute** or until fragrant. Add the browned meatballs back to the pan and pour over the **diced tomatoes** and **sugar**. Bring to the boil and then reduce to a medium-low heat. Simmer for **10 minutes**, or until the meatballs are cooked through and the sauce has thickened slightly. Stir through the **baby spinach** until wilted.



4 Meanwhile, place the **couscous** in a medium bowl. Pour the **boiling water** over the couscous, stir with a fork, and then cover the bowl tightly with cling wrap. Leave to sit for **5 minutes**. Remove the cling wrap and fluff the couscous with a fork. Stir through the **butter** and remaining coriander. Season to taste with **salt** and **pepper**.

5 To serve, divide the couscous between bowls. Top with the Moroccan meatballs and spoon over the tomato sauce. Top with any extra coriander, if you like.