



# Vegetarian Meatball Tagine

with Linda McCartney Meatballs, Roasted Sweet Potato and Couscous

**CLASSIC** 40 Minutes • Little Heat • 1.5 of your 5 a day • Veggie

Nº 21



Sweet Potato



Red Onion



Garlic Clove



Linda McCartney Vegetarian Meatballs



Coriander



Couscous



Harissa Paste



Chopped Tomatoes



Natural Yoghurt

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Baking Tray, Large Frying Pan, Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Linda McCartney Vegetarian Meatballs (11) 13)**	1 pack	1½ packs	2 packs
Coriander**	1 bunch	1 bunch	1 bunch
Water for the Couscous*	240ml	360ml	480ml
Couscous (13)	120g	180g	240g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water for the Sauce*	50ml	100ml	150ml
Natural Yoghurt 7)**	75g	100g	150g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	664g	100g
Energy (kJ/kcal)	3065 /733	462 /110
Fat (g)	19	3
Sat. Fat (g)	2	1
Carbohydrate (g)	99	15
Sugars (g)	26	4
Protein (g)	36	5
Salt (g)	3.27	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 11) Soya 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Get Started!

Preheat your oven to 200°C. Chop the **sweet potato** into 1cm chunks (no need to peel). Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Pop the **sweet potato** onto a baking tray with a drizzle of **oil** and season with **salt** and **pepper**. Toss to coat, then spread out in an even layer and roast on the top shelf of your oven until golden and soft, 25-30 mins. Turn halfway through cooking.



## 4. Simmer the Sauce

Meanwhile, add the **garlic** and **harissa** to frying pan with the **onion**. Cook, stirring, for 1 min then add the **chopped tomatoes**, **water** for the sauce (see ingredients for amount) with a pinch of **sugar** (if you have some) and plenty of **salt** and **pepper**. Simmer for 8-10 mins then return the **meatballs** to the pan. Simmer for a further 5 mins, until thick and tomatoey.



## 2. Start the Tagine

Meanwhile, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **vegetarian meatballs**. Fry, turning regularly, until browned and crispy, 4-5 mins. **IMPORTANT:** Ensure the Linda McCartney veggie meatballs are piping hot and cooked throughout. Transfer to a plate but don't wash up the pan! Add **half** of the **red onion** to the now empty pan and cook until softened, 8-10 mins. While the **onion** cooks, roughly chop the **coriander** (stalks and all).



## 5. Finish Up!

Once the **couscous** is cooked, carefully fluff up with a fork. Taste and add more **salt** and **pepper** if you like. Do any washing up while you wait.



## 3. Start the Couscous

Meanwhile, heat a drizzle of **oil** in a medium saucepan over medium-high heat. Add the remaining **onion** and season with **salt**. Cook, stirring regularly, until softened, 8-10 mins. Pour the **water** for the couscous (see ingredients for amount) into the saucepan and bring to the boil. When boiling, stir in the **couscous**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



## 6. Serve!

Stir the **roasted sweet potato** and **half** the **coriander** through the **tagine** and add a splash of **water** if it's a little thick. Taste and add **salt** and **pepper** if needed. Divide the **couscous** between plates, spoon over the **tagine** then top with the **yoghurt** and remaining **coriander**.

Enjoy!