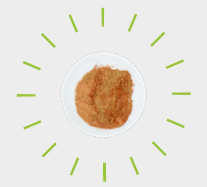




RAS EL HANOUT BEEF MEATBALLS

with Couscous & Flaked Almonds



Add ras el hanout to meatballs



Mint



Garlic



Brown Onion



Zucchini



Carrot



Baby Spinach Leaves



Beef Mince



Ras El Hanout



Fine Breadcrumbs



Flaked Almonds



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 with ras el hanout! This exotic spice blend gives them 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

Pick and finely chop the **mint** leaves. Finely chop the **garlic** (or use a garlic press). Finely chop the **brown onion**. 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**, **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**. Transfer to a plate. (The meatballs will continue cooking in step 4.)



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**, **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 through and the sauce has thickened, **5 minutes**. Add the **butter** and stir until melted. Season to taste with **salt** and **pepper**. If the sauce is too thick, add a little more water to loosen.



5 COOK THE COUSCOUS

While the sauce is simmering, add the **water (for the couscous)** and 2 crumbled **vegetable stock** cubes 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 ras el hanout beef meatballs between bowls and spoon over the remaining sauce in the pan. Sprinkle with the flaked almonds and serve with the **Greek yoghurt**.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
mint	1 bunch
garlic	4 cloves
brown onion	1
zucchini	2
carrot	2
baby spinach leaves	1 bag (60g)
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
passata	2 boxes (400g)
water* (for the sauce)	½ cup
vegetable stock	4 cubes
butter*	40g
water* (for the couscous)	¾ cup
couscous	2 packets
Greek yoghurt	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3080kJ (735Cal)	453kJ (108Cal)
Protein (g)	49.3g	7.3g
Fat, total (g)	27.2g	4.0g
- saturated (g)	12.6g	1.9g
Carbohydrate (g)	67.1g	9.9g
- sugars (g)	20.5g	3.0g
Sodium (g)	1640mg	242mg

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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