



## Harissa Pork Meatballs

with Tomato and Chickpea Stew



30-40min



2 Portions

Getting everyone into the kitchen to help shape the meatballs makes short work of prepping this one-pan dish. Once the meatballs are rolled and browned, it's just a matter of making an easy, Moroccan-style tomato sauce, rich in vegetables, and heating everything together before serving with dollops of creamy yoghurt.

## What we send

- 17
- 17
- 7

## What you'll require

- olive oil
- sea salt and pepper
- sugar
- water

## Utensils

- large deep frypan with lid
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

If you don't like spicy food, feel free to halve the amount of harissa seasoning, or omit it entirely. You may not use all the harissa seasoning in this dish.

## Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 599kcal, Fat 28.6g, Carbs 33.2g, Proteins 45.0g



### 1. Prepare ingredients

**Read through the recipe.** Rinse and drain the **chickpeas**. Remove the **cauliflower stem** and finely chop, then cut the **cauliflower head** into small florets. Halve the **zucchini** lengthwise, then thinly slice. Finely chop the **parsley**, including the stems.



### 2. Make meatballs

Combine the **mince**, **half the cornflour** (the remaining cornflour won't be used in this dish), **half the parsley** and **1 tbs harissa seasoning** (see cooking tip) in a large bowl and season with **salt**. Using damp hands, combine well, then shape into walnut-sized balls.



### 3. Cook meatballs

Heat **3 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **meatballs** for 2-3 mins, turning, until browned. Remove from the pan.



### 4. Start sauce

Add the **cherry tomatoes**, **chickpeas**, **250ml (1 cup) water** and a **pinch of sugar** to the pan. Crumble over **1 stock cube** (the remaining stock cube won't be used in this dish) and stir to combine. Season with **salt and pepper** and bring to the boil.



### 5. Finish sauce

Reduce the heat to medium-low. Add the **cauliflower**, cover and cook for 5 mins or until almost tender.



### 6. Get ready to serve

Add the **meatballs** and **zucchini** and cook for 5 mins or until the vegetables are tender and the meatballs are cooked through. Taste, then season with **salt and pepper**. Divide the **meatballs and chickpea stew** among bowls. Drizzle with the **yoghurt** and scatter over the **remaining parsley** to serve.