



Spicy Tunisian Meatballs

with Green Beans and Chickpeas



30-40min



2 Portions

Is there anything more comforting than meatballs braised in a sweet tomato sauce? It's usually paired with pasta, but taking inspiration from Tunisian tagines, we've braised these tasty beef morsels in a tomato and chickpea sauce, spiked with harissa and ras el hanout. You may never go back to spaghetti and meatballs!

What we send

- 1,17
- 1,6
- 17
-

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- Australian honey
- olive oil
- red wine vinegar ¹⁷
- sea salt and pepper

Utensils

- box grater
- large frypan
- oven tray
- sieve

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

Cooking tip

It's very important to squeeze out as much liquid as possible to ensure the meatballs bind well.

Allergens

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 680kcal, Fat 18.5g, Carbs 63.2g, Proteins 53.9g



1. Prepare ingredients

Read through the recipe. Heat the oven to 180C, fan-forced. Coarsely grate the **zucchini**, then using your hands, squeeze out all excess liquid (see cooking tip). Crush or finely chop the **garlic**. Finely chop the **onion**. Peel and quarter the **carrot** lengthwise, then thinly slice. Trim the **green beans** and halve on an angle.



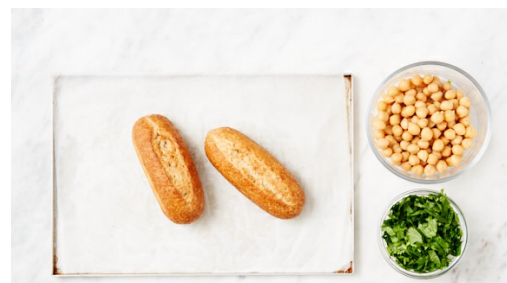
4. Make sauce

Add **1 tsp harissa seasoning**** and **½ tsp ras el hanout**** and cook for 1 min or until fragrant. Add the **passata** and bring to a simmer. Return the **meatballs** to the sauce, cover and cook for 2-3 mins to allow flavour to develop.



2. Make meatballs

Put the **beef mince**, **zucchini**, **garlic** and **1½ tsp ras el hanout** in a bowl. Using damp hands, combine well, then shape in ¼ cup-sized meatballs.



5. Warm bread

Meanwhile, put the **bread rolls** on an oven tray and bake for 6-8 mins until warmed through. Finely chop the **coriander**, including the stems. Rinse and drain the **chickpeas**. Stir the **chickpeas** and **green beans** into the sauce and cook, covered, for 5-6 mins until the beans are tender and the meatballs are cooked through.



3. Brown meatballs

Heat **2 tsp olive oil** in a large frypan over medium-high heat. Cook the **meatballs**, turning occasionally, for 3-4 mins until browned all over. Transfer to a plate. Reduce the heat to medium. Add the **onion** and **carrot**, season with **salt and pepper** and cook, stirring occasionally, for 4-5 mins until softened.



6. Get ready to serve

Stir **half the coriander**, **1 tsp red wine vinegar** and **1 tsp honey** into the meatball mixture. Taste, then season with **salt and pepper**. Divide the **meatballs** among bowls and spoon over the **sauce**. Scatter over the **remaining coriander** and serve with the **warm bread rolls**.