



## Spicy Tunisian Meatballs

with Green Beans and Chickpeas



30-40min



4 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

- 17
- 1,6
- 1,17

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

## What you'll require

- Australian honey
- olive oil
- red wine vinegar <sup>17</sup>
- sea salt and pepper
- water

## Utensils

- box grater
- large deep frypan or saucepan with lid
- 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 545kcal, Fat 15.2g, Carbs 45.6g, Proteins 48.0g



### 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 **carrots** lengthwise, then thinly slice. Trim the **green beans** and halve on an angle.



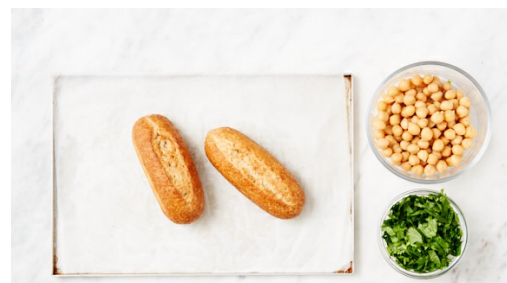
### 4. Make sauce

Add **2 tsp harissa seasoning\*\*** and **1 tsp ras el hanout\*\*** and cook for 1 min or until fragrant. Add the **passata** and **250ml (1 cup) water** 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 **3 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 **1 tbs olive oil** in a large deep 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**, **2 tsp red wine vinegar** and **2 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**.