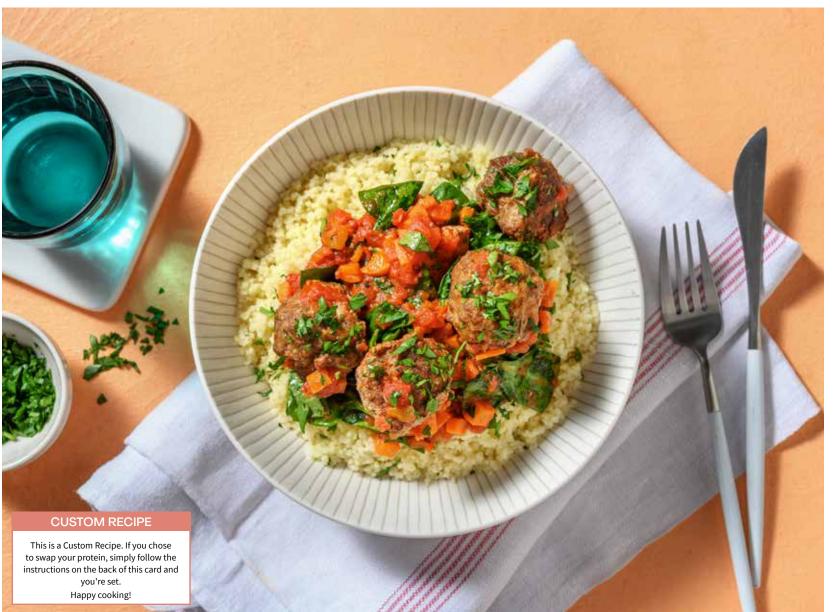


# Moroccan-Spiced Beef Meatballs in Tomato Sauce

# with Carrots and Couscous

Family Friendly 30 Minutes









Italian Breadcrumbs



Couscous





**Baby Spinach** 

Parsley

Carrot, chopped



Moroccan Spice



Blend



Fig Spread





Garlic Puree

**Crushed Tomatoes** 

HELLO FIG SPREAD

# Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### **Bust out**

Baking sheet, measuring spoons, medium pot, large bowl, parchment paper, measuring cups, large non-stick pan

# Ingredients

ingi calcines		
	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Couscous	½ cup	1 cup
Carrot, chopped	113 g	227 g
Baby Spinach	56 g	113 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Parsley	7 g	14 g
Fig Spread	2 tbsp	4 tbsp
Crushed Tomatoes	370 ml	740 ml
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of 74°C/165°F.

# Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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# Prep and bake meatballs

- Line a baking sheet with parchment paper. Set aside.
- Combine beef, breadcrumbs, half the Moroccan Spice Blend, half the garlic puree, 1/4 tsp salt and 1/8 tsp pepper (dbl both for 4 ppl) in a large bowl. (TIP: If you prefer a firmer meatball, add an egg to the mixture!)
- Roll **mixture** into **8 equal-sized meatballs** (16 for 4 ppl), then arrange **meatballs** on the prepared baking sheet.
- Bake in the **middle** of the oven until goldenbrown and cooked through, 10-12 min.\*\*

If you've opted to get **turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **beef**.



## Finish prep

- Meanwhile, roughly chop parsley.
- Roughly chop **spinach**.



#### Cook cousous

- Meanwhile, add <sup>3</sup>/<sub>3</sub> cup water, 1 tbsp butter and <sup>1</sup>/<sub>8</sub> tsp salt (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.



#### Cook sauce

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **carrots**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Reduce heat to medium, add crushed tomatoes, ¼ cup water (dbl for 4 ppl), remaining garlic puree, remaining Moroccan Spice Blend and fig spread. Cook, stirring occasionally, until sauce thickens slightly, 4-5 min.
- Season with salt and pepper, to taste.



## Finish meatballs

 Add spinach and meatballs to the pan with sauce. Cook, stirring often, until spinach wilts and meatballs are coated with sauce, 1-2 min.



#### Finish and serve

- Fluff couscous with a fork, then stir in half the parsley. Season with salt and pepper, to taste.
- Divide **couscous** between bowls. Top with **meatballs** and **tomato sauce**.
- Sprinkle remaining parsley over top.