



Ras-el-hanout Spiced Pork Meatballs

with green beans, cherry tomatoes and couscous

Calorie Smart 30 – 35 mins • Spicy

11



Pork Mince



Ras-el-Hanout



Passata



Harissa Paste



Shallot



Chicken Stock



Parsley



Couscous



Cherry Tomatoes



Green Beans



Breadcrumbs

Pantry Items: Salt, Pepper, Oil, Water, Sugar, Butter



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid

Ingredients

	2P	4P
Pork Mince	240 g	480 g
Ras-el-Hanout	2 sachets	4 sachets
Passata	1 pack	2 packs
Harissa Paste	1 sachet	2 sachets
Shallot	1 unit	2 units
Chicken Stock	1 sachet	2 sachets
Parsley	5 g	10 g
Couscous	100 g	250 g
Cherry Tomatoes	125 g	250 g
Green Beans	75 g	150 g
Breadcrumbs	1 pack	1 pack

Nutrition

	Per serving	Per 100g
for uncooked ingredients	439 g	100 g
Energy (kJ/kcal)	2552.2 kJ/ 610 kcal	581.4 kJ/ 139 kcal
Fat (g)	19.9 g	4.5 g
Sat. Fat (g)	5.9 g	1.3 g
Carbohydrate (g)	69.2 g	15.8 g
Sugars (g)	15 g	3.4 g
Protein (g)	33.2 g	7.6 g
Salt (g)	2.9 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Couscous

- Pour the **couscous** and **half** the **stock** into a bowl.
- Stir in 200ml boiling **water** (500ml for 4p).
- Cover with a plate or cling film.
- Leave aside for 10 mins or until ready to serve.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Prep the Veg

- Meanwhile, trim the **green beans** and then chop into thirds. Halve the **cherry tomatoes**.
- Halve, peel and chop the **shallot** into small pieces. Roughly chop the **parsley** (stalks and all).
- Return the empty pan to medium-high heat with another drizzle of **oil**.



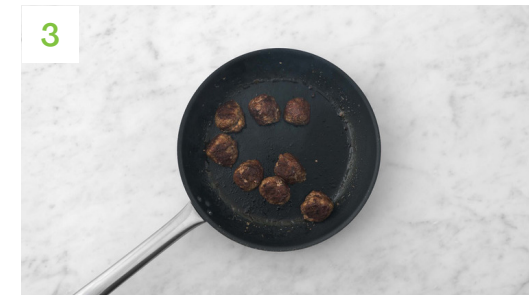
Form the Meatballs

- In a large bowl, combine the **mince**, **breadcrumbs**, 2 tbsp **water** and ¼ tsp **salt** (double both for 4p).
- Season with **pepper**, add in **half** the **ras-el-hanout** and mix together by hand.
- Roll into evenly-sized balls, 3-4 per person.
- **IMPORTANT:** Wash hands and equipment after handling raw mince.



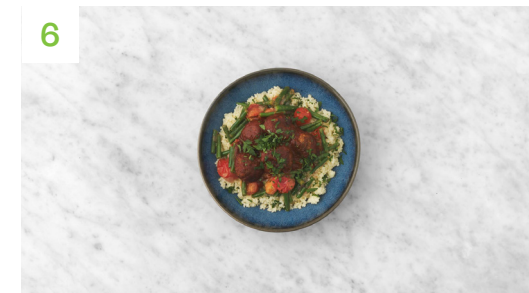
Make the Sauce

- Once hot, add the **green beans**, **cherry tomatoes** and **shallot**. Fry until starting to char, 3-4 mins.
- Stir in the remaining **ras-el-hanout** and fry for 1 min.
- Add the **passata**, ½ tsp **sugar**, 2 tbsp **water** (double both for 4p), remaining **stock** and cooked meatballs. Cover and simmer until the veg is tender, 4-5 mins.
- To finish, mix through the **harissa paste** and a knob of **butter**.
- Add a splash of **water** to loosen the sauce if you feel it's too thick. Taste and season with **salt** and **pepper**.



Fry the Meatballs

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the meatballs until browned all over and cooked through, 10-12 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.
- Remove the meatballs from the pan and cover to keep warm.



Finish and Serve

- Mix **half** the **parsley** into the **couscous**, fluffing it up as you go.
- Divide the herby **couscous** between deep plates or bowls.
- Top with the meatballs and veg, drizzling over any sauce remaining in the pan.
- Finish with a scattering of the remaining chopped **parsley**.

Enjoy!