

Harissa Spiced Pork Meatballs

with broccolini, cherry tomatoes and couscous

Calorie Smart 30 – 35 mins • Spicy

11



Recipe Update

Due to supply chain issues you'll receive **broccolini** instead of **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions and it'll still be just as delicious!



Pork Mince



Ras-el-Hanout



Passata



Harissa Paste



Shallot



Stock



Parsley



Couscous



Cherry Tomatoes



Broccolini



Breadcrumbs



Honey

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



Rate your recipe!

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, baking sheet with baking paper

Ingredients

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

Nutrition

	Per serving	Per 100g
for uncooked ingredients	441 g	100 g
Energy (kJ/kcal)	2592 kJ/ 620 kcal	459 kJ/ 110 kcal
Fat (g)	19.7 g	4.5 g
Sat. Fat (g)	5.9 g	1.2 g
Carbohydrate (g)	71.1 g	12.1 g
Sugars (g)	18 g	2.8 g
Protein (g)	34 g	5.3 g
Salt (g)	2.7 g	0.3 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.

Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Make the Couscous

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- 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.



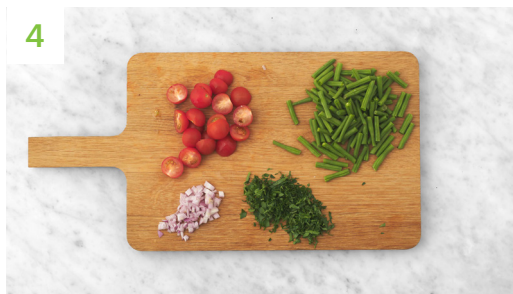
Form the Meatballs

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



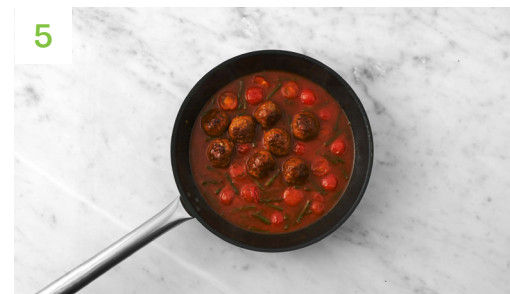
Cook the Meatballs

- Pop the meatballs onto a lined baking tray.
- When the oven is hot, bake on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Meatballs are cooked when no longer pink in the middle.



Prep the Veg

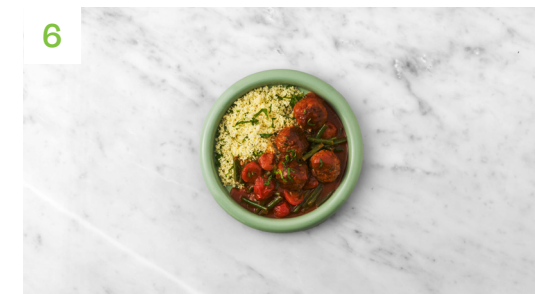
- Meanwhile, chop the **broccolini** into thirds. Halve the **cherry tomatoes**.
- Halve, peel and chop the **shallot** into small pieces. Roughly chop the **parsley** (stalks and all).
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **broccolini**, **cherry tomatoes** and **shallot**.
- Fry until starting to char, 3-4 mins. Stir in the **ras-el-hanout** and fry for 1 min.



Make the Sauce

- 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**, **honey** 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**.

TIP: Add less harissa if you don't like things spicy!



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!