

Harissa Spiced Pork Meatballs

with green beans, cherry tomatoes and couscous

30 – 35 mins • Spicy

11



Pork Mince



Ras-el-Hanout



Passata



Harissa Paste



Shallot



Stock



Parsley



Couscous



Cherry Tomatoes



Green Beans



Breadcrumbs



Honey

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

Baking sheet with baking paper, pan with lid

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
Green Beans	75 g	150 g
Breadcrumbs	1 pack	1 pack
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	442.6 g	100 g
Energy (kJ/kcal)	2589.9 kJ/ 619 kcal	585.2 kJ/ 139.9 kcal
Fat (g)	19.7 g	4.5 g
Sat. Fat (g)	6.1 g	1.4 g
Carbohydrate (g)	72.3 g	16.3 g
Sugars (g)	18.8 g	4.2 g
Protein (g)	33 g	7.5 g
Salt (g)	3.3 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Form the Meatballs

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- In a large bowl, combine the **mince**, **breadcrumbs**, 2 tbsp **water** (per 2P) and ¼ tsp **salt** (per 2P).
- 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.



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).
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans**, **cherry tomatoes** and **shallot**.
- Fry until starting to char, 3-4 mins. Stir in the **ras-el-hanout** and fry for 1 min.



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.



Make the Sauce

- Add the **passata**, ½ tsp **sugar** (per 2P), 2 tbsp **water** (per 2P), 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**.

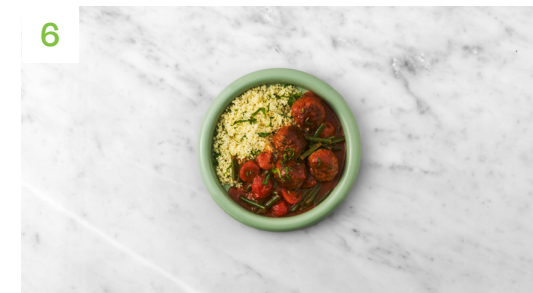
TIP: Add less harissa if you don't like things spicy!



Make the Couscous

- Pour the **couscous** and **half** the **stock** into a bowl.
- Stir in 200ml boiling **water** (4P: 500ml | 6P: 600ml).
- 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.



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!