



Harissa Spiced Pork Meatballs

with green beans, cherry tomatoes and pearly couscous

30 – 35 mins • Spicy

11



Pork Mince



Ras-el-Hanout



Passata



Harissa Paste



Shallot



Stock



Parsley



Cherry Tomatoes



Green Beans



Breadcrumbs



Honey



Couscous

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.

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

Cooking tools you will need

Baking sheet with baking paper, pan with lid, pot with lid, sieve

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
Cherry Tomatoes	125 g	250 g
Green Beans	75 g	150 g
Breadcrumbs	1 pack	1 pack
Honey	1 sachet	2 sachets
Couscous	150 g	300 g

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	628 kJ/ 150 kcal
Fat (g)	4.2 g
Sat. Fat (g)	1.3 g
Carbohydrate (g)	19.2 g
Sugars (g)	4.3 g
Protein (g)	7.7 g
Salt (g)	0.7 g

See site or app for detailed nutritional info.

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

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Form the Meatballs

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



Make the Couscous

- Pour 600ml **water** (per 2P) into a pot, stir in the **stock** and bring to the boil.
- Stir in the pearly **couscous**, bring back up to the boil and simmer, covered, 12-15 mins.
- Drain in a sieve and pop back in the pot. Season to taste with **salt** and **pepper**.
- Cover with a lid and leave to the side until ready to serve.

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



Prep the Veg

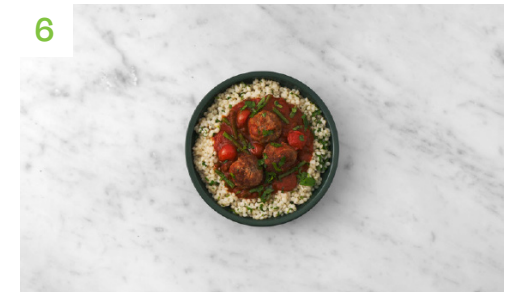
- Meanwhile, trim the **green beans** and then chop into thirds. Halve the **cherry tomatoes**.
- Halve, peel and chop the **shallot** into small pieces.
- Place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the **green beans**, **cherry tomatoes** and **shallot**.
- Fry until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



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!



Finish and Serve

- Mix the remaining **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.

Enjoy !