



RECIPE

Moroccan Meatballs



NOURISH
FOOD SCHOOL



FareShare

North East

RECIPE

Moroccan Meatballs

MAKES
4 servings

LEVEL
Easy

TIME
20 minutes

INGREDIENTS

1 pitta bread
50ml water
400g minced meat (such as beef)
2 teaspoons Ras El Hanout
1 teaspoon garlic granules
6 dried apricots, cut into small pieces
1 clove of garlic
a bunch of fresh basil
1 tin of chopped tomatoes
180g spaghetti

HOW TO MAKE IT

1. Tear the pitta bread into small pieces in a bowl and add the water, leave to one side for the bread to soak up the water for 5 minutes.
2. Add 400g minced meat, ras el hanout spices, garlic granules and the chopped apricots.
3. Mix everything together then squeeze it through your fingers to get a smooth mixture.
4. Split the mixture into 12-16 pieces, roll into balls and chill in the fridge for 15 minutes.
5. Once chilled, fry the meatballs until brown on the outside (or bake them in an oven at 180C for 15 minutes).
6. Meanwhile, gently fry the chopped garlic cloves for 2 minutes, add the chopped tomatoes and the basil leaves and bring to a simmer. Stir often until the sauce has thickened.
7. Add the meatballs into the sauce and serve with cous cous (or pasta)

INGREDIENT SWAPS	STORE IT
SWAP beef mince FOR any other type of meat	Cook and freeze ready to reheat another day
SWAP Ras El Hanout FOR any other spices such as cumin, coriander and/or paprika	Use it differently
SWAP minced meat FOR a plant-based mince.	Instead of meatballs, make into little burgers and serve on toasted bread for an open burger.