



Lebanese Style Meatballs in Tomato Sauce

with Spinach, Couscous and Flaked Almonds

27

Calorie Smart 30-35 Minutes • Medium Spice • 2 of your 5 a day • Under 650 Calories



Garlic Clove



Panko Breadcrumbs



Chermoula Spice Mix



Beef Mince



Carrot



Couscous



Chicken Stock Paste



Finely Chopped Tomatoes



Beef Stock Paste



Baby Spinach



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, garlic press, bowl, baking tray, grater, cling film and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Panko Breadcrumbs 13	10g	50g	50g
Chermoula Spice Mix	1 sachet	1 sachet	2sachets
Beef Mince**	240g	360g	480g
Carrot**	1	1½	2
Couscous 13	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Finely Chopped Tomatoes	½ carton	¾ cartons	1 carton
Beef Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Toasted Flaked Almonds 2	15g	25g	25g
Pantry	2P	3P	4P
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Boiled Water for the Couscous*	240ml	360ml	480ml
Sugar for the Sauce*	¾ tsp	1 tsp	1¼ tsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2653 /634	466 /111
Fat (g)	26.7	4.7
Sat. Fat (g)	9.4	1.7
Carbohydrate (g)	59.4	10.4
Sugars (g)	11.6	2.0
Protein (g)	40.3	7.1
Salt (g)	3.70	0.65

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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1



Make the Meatballs

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) with a **quarter** of the **chermoula spice mix**, then add the **beef mince** and **half the garlic**.

Season with **pepper** and mix together with your hands. Roll into even-sized balls, 5 per person.

Pop the **meatballs** onto a large baking tray.

IMPORTANT: Wash your hands and equipment after handling raw mince.

4



Tomato Sauce Time

Once hot, add the **grated carrot**, remaining **chermoula spice mix** (add less if you prefer things milder) and remaining **garlic**. Fry until fragrant, 1-2 mins.

Stir in the **chopped tomatoes** (see ingredients for amount), **beef stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Cook until thickened, 6-7 mins.

TIP: Keep the other half of the chopped tomatoes for another recipe.



WeightWatchers

2



Ready, Steady, Bake

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

Meanwhile, trim the **carrot**, then coarsely grate (no need to peel).

3



Cook the Couscous

Put the **couscous** in a bowl. Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **chicken stock paste**, then cover tightly with cling film.

Leave to the side for 8-10 mins or until ready to serve.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

5



Add the Spinach

Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Once the **meatballs** are cooked, stir them through the **sauce**. Taste and season with **salt** and **pepper** if needed.

6



Finish and Serve

When ready, fluff up the **couscous** with a fork and share between your bowls.

Top with the **Lebanese style meatballs**, spooning over the **tomato sauce** from the pan.

Scatter over the **flaked almonds** to finish.

Enjoy!