



Middle Eastern Style Lamb Meatball Orzo

with Raisins and Slow Roasted Tomatoes

CLASSIC 40 Minutes • Little Heat • 2.5 of your 5 a day



Red Onion



Garlic Clove



Baby Plum Tomatoes



Green Beans



Lamb Mince



Plain Flour



Chermoula Spice



Balsamic Vinegar



Orzo



Raisins



Chicken Stock Powder

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Baking Tray, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2cloves
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Green Beans**	1 small pack	1 large pack	1 large pack
Lamb Mince**	200g	300g	400g
Plain Flour 13)	8g	12g	16g
Chermoula Spice	1 small pot	1 large pot	1 large pot
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Orzo 13)	180g	240g	360g
Water for the Orzo*	450ml	675ml	900ml
Raisins	1 pouch	1½ pouches	2 pouches
Chicken Stock Powder	1 sachet	1½ sachet	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	434g	100g
Energy (kJ/kcal)	2912 /696	671 /160
Fat (g)	17	4
Sat. Fat (g)	6	1
Carbohydrate (g)	101	23
Sugars (g)	27	6
Protein (g)	32	7
Salt (g)	1.26	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten **14)** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepared

Preheat your oven to 140°C. Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**. Trim the **green beans** and cut into thirds widthways. Pop the **lamb mince** in a large bowl with the **flour**, and season with **salt**, **pepper** and **half the chermoula**. Use your hands to mix until well combined, shape into 4-5 small **meatballs** per person. Pop them on a plate. **IMPORTANT: Wash your hands after handling raw meat.**



4. Start the Orzo

Meanwhile, pop your frying pan back on medium high heat, add a drizzle of **oil** if the pan is dry. Add the **red onion** and **green beans** and fry until the **onion** is really nice and soft and the **beans** beginning to brown, 4-5 mins, stirring frequently. Add the **balsamic vinegar**, stir well, cook for one minute. Then stir in the **garlic** and remaining **chermoula**. Cook for one minute, stirring frequently, then add the **orzo**, **water** (see ingredient list for amount), **raisins** and **chicken stock powder**. Mix to combine.



2. Roast the Tomatoes

Pop the **tomatoes** on a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast on the middle shelf of your oven until nice and soft, 25-30 mins **TIP: Cooking them on a low heat makes them really delicious.**



5. Simmer

Bring the **mixture** to the boil, reduce the heat to medium and simmer, stirring every couple of minutes to prevent it sticking, until the **orzo** is tender and the **stock** has been absorbed, 10-12 mins. **TIP: Add a splash more water if the orzo isn't quite cooked but the stock has been absorbed.** Once cooked, taste and add **salt** and **pepper** if you feel it needs it.



3. Fry the Meatballs

Heat a drizzle of **oil** in a frying pan on medium high heat. Add the **meatballs** and fry until the outsides are nicely browned, 4-5 mins. Turn every minute. Once brown, add them to the baking tray with the **tomatoes** and roast until cooked through, 15 mins. **IMPORTANT: The meatballs are cooked when no longer pink in the middle.**



6. Finish and Serve

Remove from the heat. Add the **meatballs** and slow **roasted tomatoes** to the **orzo** and stir through gently to combine. Taste and add **salt** and **pepper** if you feel it needs it, then divide between bowls.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.