



# Moroccan Meatball Bake

with Spinach and Feta Cheese



## HELLO RASEL EL HANOUT

*This Moroccan spice mix literally means 'head of the shop' in Arabic. That's how popular it is!*



Red Potato



Red Onion



Red Pepper



Garlic Clove



Panko Breadcrumbs



Beef Mince



Ras-el-hanout



Diced Tomatoes



Baby Spinach



Feta Cheese



Hard Italian Cheese

MEAL BAG

40 mins

5 of your 5 a day

a little heat

It's incredible how easy it is to revolutionise a well-loved dish of the nation by adding some spices and a bit of feta cheese. We've taken on the British hotpot and we're making it a Moroccan hotpot. We're here to take you on an adventure, to explore new flavours. Fancy it? Then get cooking!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Colander, Baking Tray, Baking Paper, Fine Grater (or Garlic Press), Mixing Bowl, Frying Pan** and **Ovenproof Dish**. Now, let's get cooking!



### 1 BOIL THE POTATO

Preheat your oven to 200°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Chop the **red potato** into 2cm chunks (no need to peel!). Pop into the boiling water. Simmer until cooked, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Drain in a colander and keep to one side.



### 2 PREP THE VEGGIES

Halve, peel and chop the **red onion** into six wedges. Halve, then remove the core from the **red pepper** and cut into 1cm thick slices. Pop the **onion** and **pepper** on a lined baking tray, drizzle over some **oil**, a pinch of **salt** and a grind of **black pepper**. Roast on the top shelf of your oven for 20 mins. Turn halfway through cooking.



### 3 MAKE THE MEATBALLS

Meanwhile, peel and grate the **garlic** (or use a garlic press). Put the **garlic** in a mixing bowl with the **panko breadcrumbs, beef mince** and **half the rasel el hanout**. Season with a pinch of **salt** and some **black pepper**. Mix together to combine, then shape the **mixture** into three even-sized **meatballs** per person. **★ TIP:** *Be sure to combine the mixture well so they hold together when you cook them.*



### 4 COOK THE MEATBALLS

Heat a splash of **oil** in a frying pan on medium-high heat. Fry the **meatballs** for 5-7 mins, turning frequently to make sure they colour evenly. Once browned, add the **diced tomatoes** and bring to the boil. Lower the heat to medium and add the remaining **rasel el hanout** and a pinch of **salt** and **black pepper**. Cook for 10 mins until the **sauce** has reduced by half. Add the **baby spinach** in batches. Stir gently and cook until wilted, 1-2 mins.



### 5 ASSEMBLE THE BAKE

Remove the **onion** and **pepper** from your oven. Whilst the **meatballs** and **sauce** cook, prepare an ovenproof dish. Spread the **potato, onion** and **pepper** out in the bottom of the dish and when ready, pop the **meatballs** on top. Top the dish with the **tomato sauce**. **★ TIP:** *The meatballs are cooked when they are no longer pink in the middle.* If you have some time whilst waiting for the meatballs to finish cooking, have a quick wash up!



### 6 GRILL THE BAKE

Preheat your grill to high. Sprinkle on the **feta** and **hard Italian cheese**. Place the dish under the grill for 5 mins, until the **cheese** is bubbling and golden. Serve in bowls. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Red Potato, chopped	1 pack
Red Onion, chopped	1
Red Pepper, sliced	1
Garlic Clove, grated	1
Panko Breadcrumbs 1)	10g
Beef Mince	250g
Rasel el Hanout	1½ tsp
Diced Tomatoes	1 tin
Baby Spinach	1 small bag
Feta Cheese, crumbled 7)	1 block
Hard Italian Cheese 7)	40g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	726	86
(kJ)	3030	357
Fat (g)	30	4
Sat. Fat (g)	17	2
Carbohydrate (g)	66	8
Sugars (g)	18	2
Protein (g)	51	6
Salt (g)	4.47	0.53

### ALLERGENS

1)Gluten 7)Milk

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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