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## Moroccan Meatball Potato Bake

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 Moroccan. We're here to take you on an adventure, to explore new flavours. Fancy it? Then get cooking!



45 mins



super  
spicy



5 of your  
5 a day



Red Potato (1 pack)



Red Onion (1)



Red Pepper (1)



Garlic Clove (1)



Ras-el-Hanout (1½ tsp)



Beef Mince (250g)



Chopped Tomatoes  
(1 tin)



Baby Spinach  
(1 bag)



Feta Cheese  
(1 block)




Hard Italian Cheese  
(2 tbsp)

## 2 PEOPLE INGREDIENTS

- Red Potato, chopped
- Red Onion, chopped
- Red Pepper, chopped
- Garlic Clove, grated
- Ras-el-Hanout

- 1 pack** • Beef Mince
- 1** • Chopped Tomatoes
- 1** • Baby Spinach
- 1** • Feta Cheese
- 1½ tsp** • Hard Italian Cheese

- 250g**
- 1 tin**
- 1 bag**
- 1 block**
- 2 tbsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

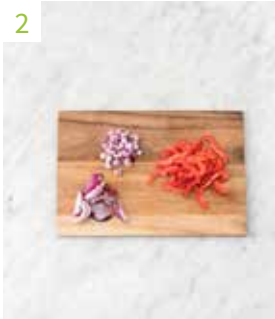
Ras-el-hanout is a classic spice mixture used in Moroccan cuisine. The name means 'top of the shop', which reflects its expensive ingredients.

Allergens: Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	609 kcal / 2562 kJ	24 g	13 g	54 g	13 g	53 g	2 g
Per 100g	78 kcal / 330 kJ	3 g	2 g	7 g	2 g	7 g	0 g

2



**1** Pre-heat your oven to 180 degrees. Chop the **potato** into 2cm chunks. Pop into a pot of water with a generous pinch of **salt** and put on high heat. When boiling, reduce the heat to medium and cook for 20 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.* Drain into a colander and keep to one side.

5



**2** Cut the **red onion** in half through the root, peel and then slice one half into wedges and chop the other half into small cubes. Place your **red onion** wedges onto a baking tray, drizzle with a glug of **oil** and season with **salt** and **pepper**. Pop the wedges into your oven to roast for 5 mins. Remove the core from the **red pepper** and chop into 1cm thick slices. After 5 mins, remove the tray from your oven and add your **pepper** slices. Pop back in and roast for a further 15 mins. **Tip:** *Turn your onion and pepper halfway through, to ensure they cook evenly.*

6



**3** Peel and grate the **garlic** (or use a garlic press if you have one). Heat a frying pan over medium heat and add a splash of **oil**. Add your chopped **red onion** and cook for 5 mins until your **onion** has softened. After 5 mins add your **garlic** and half the **ras-el-hanout** and cook for 1 minute more.

**4** When your **onion mixture** is soft, remove from the pan and pop into a large bowl. Wipe out the pan with kitchen paper, we will use it again later.

**5** Add the **beef mince** to the bowl and season with a generous pinch of **salt** and some **pepper**. Shape the mixture into three even sized **meatballs** per person. **Tip:** *Be sure to mix your beef and onion well so they hold together when you cook them.*

7



**6** Heat your frying pan over medium-high heat and add a glug of **oil**. Fry your **meatballs** for 5-7 mins, turning them every minute or so to make sure they colour evenly.

**7** When your **meatballs** are browned all over, add the **chopped tomatoes** to your pan and bring everything to the boil. Lower the heat to medium and add the remaining **ras-el-hanout**. Cook for 10 mins until your **sauce** has thickened and reduced by half. Mix in the **baby spinach** and cook for 1 minute more to make sure your **spinach** has wilted. Taste your **sauce** and add more **salt** and **pepper** if necessary.

**8** Don't forget your roasted **red onion** and **pepper**! Remove them from your oven when they are ready and allow to cool. Whilst your **meatballs** cook, spread your cooked **potato**, **red onion** and **red pepper** out in an oven proof dish and then pop your **meatballs** on top.

**9** Top everything with your **tomato sauce** and crumble over the **feta cheese** and grated **Italian cheese**. Set your grill to high, pop the dish under your grill for 5 mins until the cheese is bubbling and golden. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!