

Moroccan Meatballs



what you need

- 500g John Penny beef mince
- 2-3tbsp olive oil
- 2 red onions, finely chopped
- 4 cloves garlic, crushed
- 2tsp both cumin & coriander seeds, toasted and ground
- 400g can tomatoes
- 2tsp sugar
- 30g fresh coriander, finely chopped
- 15g pack fresh mint, finely chopped
- 1 egg, lightly whisked
- 50g fresh breadcrumbs
- couscous, plain yogurt and pitta bread, to serve

Preparation time: 10 mins

Cooking time: 20 mins

Serves: 4

how to cook

- 1 First make the sauce.
- 2 Heat a dash of oil in a pan and soften the onions, garlic and spices for a few minutes. Put half of the mixture in a bowl to cool for the meatballs. Add the tomatoes and sugar to the remaining onions in the pan, season and simmer for about 15mins until reduced.
- 3 Add the herbs, egg, beef mince and the breadcrumbs to the cooled onions, then season and mix everything well with your hands. Shape into walnut-sized balls.
- 4 Heat the rest of the oil and fry the meatballs until golden. Add the meatballs to the sauce and simmer for a few minutes until they're cooked through.
- 5 Serve with couscous, a spoonful of yogurt and some warm pitta bread.