



Members Recipe Book

Moroccan Meatballs

Serves 4

Ingredients

500g beef mince
½ cup fresh breadcrumbs
2 tablespoons chopped fresh coriander
1 teaspoon ground cumin
1 teaspoon ground sweet paprika
1 teaspoon ground coriander
1 tablespoon olive oil
1 onion, finely chopped
2 cloves of garlic, crushed
400g can of diced tomatoes
¼ cup water
1 cinnamon stick
1 teaspoon honey
Steamed rice or cous cous to serve

Method

- Combine mince, breadcrumbs, fresh coriander, cumin, paprika and ground coriander in a large bowl and season with salt and pepper.
- Roll the mixture into balls about walnut size. Place balls in fridge for 30 minutes before cooking.
- Using half of the olive oil and a large high sided frying pan cook the meatballs in batches for 2-3 minutes or until browned. Set aside.
- Add the remaining olive oil to the pan and cook the onion until it is soft. Add the crushed garlic and cook for a further minute or so. Add tinned tomatoes, water, cinnamon stick and honey and bring to the boil.
- Return the meatballs to the pan with the sauce, drop the heat to low and simmer for 10 minutes or until the meatballs are cooked through.

Serve with steamed rice or cous cous

