



U C O O K

— COOKING MADE EASY

North African Lamb Meatballs

with roast aubergine, crispy chickpeas & a tahini dressing

Get a midweek boost from this hearty bowl, filled with the vibrant aromas of turmeric-infused basmati and roast aubergine, tomatoes, and chickpeas. Top with tender lamb meatballs, spiced with a Moroccan rub, and spatter with a light, tangy tahini dressing.

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

200g	Aubergine <i>rinsed, trimmed & cut into bite-size chunks</i>
75ml	White Basmati Rice
6.25ml	Turmeric & Stock Mix <i>(1,25ml Turmeric & 5ml Vegetable Stock)</i>
60g	Chickpeas <i>drained & rinsed</i>
150g	Baby Tomatoes <i>rinsed & halved</i>
7.5ml	NOMU Moroccan Rub
15ml	Pickling Liquid <i>(5ml Honey & 10ml White Wine Vinegar)</i>
4g	Fresh Coriander <i>rinsed & finely chopped</i>
150g	Lamb Mince
1	Onion <i>one quarter peeled & finely diced</i>
15ml	Tahini

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. GOLDEN RICE Preheat the oven to 220°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of water, stir in the stock mix, and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork. Replace the lid and set aside to keep warm until serving.

2. ROAST 'EM UP! Place the aubergine chunks, the drained chickpeas, and half of the halved baby tomatoes on a roasting tray. Use half of the Moroccan Rub and some oil to coat the veggies. Roast in the hot oven for 30-35 minutes until the aubergine and tomatoes are soft and the chickpeas are crispy, shifting halfway.

3. PICKLED TOMATOES Place the remaining baby tomatoes in a bowl with the pickling liquid and half of the chopped coriander. Add a pinch of salt, toss to coat, and set aside until serving.

4. GET ROLLING! Place the mince in a bowl with the remaining Moroccan Rub and chopped coriander. Add in the chopped onion to your taste preference. (If there's lots remaining, toss it through the pickled tomatoes to make a salsa!) Season to taste and mix until well combined. Roll into 4-5 meatballs and place on a lightly greased baking tray. When the roast veggies reach the halfway mark, pop the meatballs in the oven for 8-10 minutes until browned and glossy, shifting halfway. Remove on completion and allow to rest in the tray for 2-3 minutes before serving.

5. TANGY TAHINI DRESSING Place the tahini in a bowl. Drain the pickling liquid from the tomatoes and gradually mix it into the tahini to taste. Combine with a small drizzle of oil and some seasoning.

6. SERVE IT UP! Make a bed of turmeric rice and cover in spicy roast veggies. Place the juicy lamb meatballs on top and scatter over the pickled baby tomatoes. Drizzle with the tahini dressing to taste and tuck in!



Chef's Tip

Draining and rinsing tinned beans, lentils, and chickpeas before use drastically reduces the amount of sodium you're adding to your meal. It also reduces the complex sugar content (which humans can't digest!) and improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	575kJ
Energy	138Kcal
Protein	7.4g
Carbs	15g
of which sugars	2.9g
Fibre	2.4g
Fat	5.2g
of which saturated	1.8g
Sodium	171mg

Allergens

Allium, Sesame, Sulphites

Cook
within 2
Days