



U C O O K

— COOKING MADE EASY

Effortless Lamb Meatballs

with sun-dried tomatoes, crispy kale & ready-made tzatziki

Minimum time, maximum flavour! Succulent lamb meatballs, bejewelled with tangy sun-dried tomatoes and fresh mint, sprawled across a bed of crispy kale, roast chickpeas, and whole wheat couscous.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Fatima Ellemdeen

 **Easy Peasy**

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
50g	Kale <i>rinsed & roughly shredded</i>
150g	Lamb Mince
7.5ml	NOMU Italian Rub
4g	Fresh Mint <i>rinsed, picked & roughly chopped</i>
50g	Sun-Dried Tomatoes <i>drained (reserving the oil) & roughly chopped</i>
1	Onion <i>one half peeled & finely diced</i>
100ml	Whole Wheat Couscous
5ml	Chicken Stock
7.5ml	Red Wine Vinegar
65ml	Tzatziki

From Your Kitchen

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

1. CRISP THE CHICKPEAS & KALE Preheat the oven to 180°C. Place the drained chickpeas on a roasting tray. Coat in oil, season to taste, and spread out in a single layer. Roast in the hot oven for 12-15 minutes. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage the kale until softened and coated in oil. When the chickpeas reach the halfway mark, remove the tray from the oven and scatter over the kale. Return to the oven for the remaining roasting time until the kale and chickpeas are crispy.

2. GET THE BALL ROLLING Place the lamb mince in a bowl with the Italian Rub, the chopped mint, and half of the chopped sun-dried tomatoes. Pour in the reserved sun-dried tomato oil and add the finely chopped onion to your taste preference. Mix until well combined and roll into 4-5 meatballs. Place on a lightly greased baking tray and bake in the oven for 8-10 minutes until lightly browned and glossy, shifting halfway. Remove from the oven on completion and allow to rest for 2-3 minutes before serving.

3. WHILE THE MEATBALLS ARE BAKING... Boil the kettle. Using a shallow bowl, submerge the couscous and stock in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-6 minutes until cooked and tender. On completion, fluff up with the fork and toss through the remaining sun-dried tomatoes and the cooked, crispy kale. Stir through some red wine vinegar to taste.

4. A MOREISH MEDITERRANEAN MEAL Make a bed of kale and couscous salad. Scatter over the crispy chickpeas and top with the dazzling Mediterranean meatballs. Garnish with dollops of tzatziki and sprinkles of the remaining fresh, chopped mint. Dig in!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	756kJ
Energy	181Kcal
Protein	11.2g
Carbs	17g
of which sugars	4.4g
Fibre	3.4g
Fat	6.7g
of which saturated	2.2g
Sodium	257mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days