



WCOOK

Moroccan Beef Meatball Platter

with roasted beetroot

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	626kj	3404kj
Energy	150kcal	814kcal
Protein	8g	43.4g
Carbs	8g	45g
of which sugars	4.1g	22.1g
Fibre	1.9g	10.4g
Fat	9g	48.8g
of which saturated	3g	16.5g
Sodium	271mg	1472mg

Allergens: Sulphites, Sesame, Tree Nuts, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	Honey
45ml	60ml	NOMU Moroccan Rub
600g	800g	Beetroot <i>rinse, peel & cut into bite-sized chunks</i>
15g	20g	Almonds
12	16	Beef Meatballs
150ml	200ml	Hummus
45ml	60ml	Lemon Juice
8g	10g	Fresh Chives <i>rinse & roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Pitted Kalamata Olives <i>drain & halve</i>

From Your Kitchen

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

1. SWEET BEETS Preheat the oven to 200°C. In a bowl, combine the honey, ½ NOMU rub and some olive oil. Toss through the beetroot, ensuring all the pieces are coated. Spread the beetroot on a roasting tray and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRAGRANT & ZESTY Return the pan to medium heat with a drizzle of oil. When hot, add the meatballs. With the back of a spatula, gently press down the meatballs so they flatten slightly. Fry until browned and cooked through, 2-3 minutes per side. In the final 2 minutes, add the remaining NOMU rub. Remove from the heat and add ½ the lemon juice (to taste).

4. CHEF'S KISS Smear the hummus over one side of the plate. Top with the mini beef patties and all the remaining pan juices. On the other side of the plate, add the salad leaves, topped with the olives and almonds. Drizzle over some olive oil and the remaining lemon juice (to taste). Side with the roasted beetroot, and garnish with the chives.