



Chermoula Spiced Pork Meatballs

with Charred Courgette and Bulgur Wheat

26

Calorie Smart 25-30 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories



Chicken Stock Paste



Bulgur Wheat



Garlic Clove



Breadcrumbs



Pork Mince



Courgette



Tomato Passata



Chermoula Spice Mix



Beef Mince

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, lid, garlic press, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	20g	30g	40g
Bulgur Wheat 13)	120g	180g	240g
Garlic Clove**	2	2	4
Breadcrumbs 13)	10g	15g	20g
Pork Mince**	240g	360g	480g
Courgette**	1	2	2
Tomato Passata	1 carton	1½ cartons	2 cartons
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Pantry	2P	3P	4P
Water for the Bulgur*	220ml	330ml	440ml
Salt for the Breadcrumbs*	¼ tsp	¼ tsp	½ tsp
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	595g	100g	595g	100g
Energy (kJ/kcal)	2693/644	453/108	2467/590	415/99
Fat (g)	29.3	4.9	22.7	3.8
Sat. Fat (g)	10.3	1.7	9.0	1.5
Carbohydrate (g)	64.7	10.9	64.4	10.8
Sugars (g)	9.4	1.6	9.2	1.5
Protein (g)	34.9	5.9	38.2	6.4
Salt (g)	3.75	0.63	3.75	0.63

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

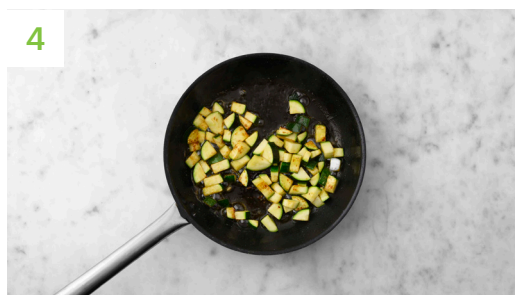


Get Started

Preheat your oven to 220°C/200°C fan/gas mark 7.
Pour the **water for the bulgur** (see pantry for amount) into a large saucepan, stir in **half** the **chicken stock paste** and bring to the boil.

Stir in the **bulgur**, bring back up to the boil and simmer for 1 min. Pop a lid on the pan and remove from the heat.

Leave to the side for 12-15 mins or until ready to serve.



Char the Courgette

Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

Heat a drizzle of **oil** in a large frying pan on high heat. Once hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Once cooked, season with **salt** and **pepper**, then transfer the **charred courgette** to a bowl.

Pop the (now empty) pan back on medium heat with a drizzle of **oil** (no need to clean).



Shape the Meatballs

Meanwhile, peel and grate the **garlic** (or use a garlic press).

In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts) and **half** the **garlic**.

Next, add the **pork mince**. Season with **pepper** and mix together with your hands. Roll into evenly-sized balls, 5 per person. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

CUSTOM RECIPE

If you've chosen **beef mince** instead of **pork**, prep and cook the recipe in the same way.



Make the Sauce

Add the remaining **garlic** to the pan and fry for 30 secs. Stir in the **passata**, **chermoula spice mix** (add less if you'd prefer things milder), **water for the sauce** (see pantry for amount), a pinch of **sugar** (if you have any) and the remaining **chicken stock paste**.

Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.



Time to Bake

Pop the **meatballs** onto a large baking tray.

Bake on the top shelf of the oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The meatballs are cooked when no longer pink in the middle.



Finish and Serve

Once the **meatballs** are cooked, stir them into the **spiced sauce** along with the **charred courgette**.

Cook until piping hot, 1 min. Taste and season with **salt** and **pepper** if needed. Remove from the heat.

Share the **bulgur** out between your bowls and top with the **chermoula meatballs and courgette** to finish.

Enjoy!