



Chermoula Spiced Pork Meatballs

with Charred Courgette and Chive Bulgur Wheat

27

Calorie Smart

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



Chicken Stock Paste



Bulgur Wheat



Garlic Clove



Breadcrumbs



Chermoula Spice Mix



British Pork Mince



Chives



Courgette



Tomato Passata



British Beef Mince

Pantry Items

Oil, Salt, Pepper

↔ Swap to Beef Mince

If you chose to swap to beef mince, 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. Ingredients in red are hot!

Cooking tools

Saucepan, lid, garlic press, bowl, baking tray, kitchen scissors 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
Chermoula Spice Mix	1 sachet	2 sachets	2 sachets
British Pork Mince**	240g	360g	480g
Chives**	1 bunch	1 bunch	2 bunches
Courgette**	1	2	2
Tomato Passata	1 carton	1½ cartons	2 cartons
British 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	598g	100g	598g	100g
Energy (kJ/kcal)	2718/650	454/109	2492/596	417/100
Fat (g)	29.5	4.9	22.9	3.8
Sat. Fat (g)	10.3	1.7	9.1	1.5
Carbohydrate (g)	65.6	11.0	65.4	10.9
Sugars (g)	9.0	1.5	8.8	1.5
Protein (g)	35.3	5.9	38.6	6.4
Salt (g)	3.95	0.66	3.95	0.66

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, mollusc, 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.

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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, finely chop the **chives** (use scissors if easier). 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), **half** the **garlic** and **half** the **chermoula spice mix**.

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.

↔ Swap to Beef Mince

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



Make the Sauce

Add the remaining **garlic** and remaining **chermoula spice mix** to the pan and fry for 30 secs. Stir in the **passata**, the **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**.

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

Fluff up the **bulgur** with a fork and stir through **half** the **chives**. Top with the **chermoula meatballs** and **courgette**.

Scatter over the remaining **chives** to finish.

Enjoy!