

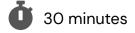




# **Herby Chicken Meatballs**

# with Chickpea Couscous

Herby chicken meatballs served with chickpea couscous, fresh and crunchy vegetables and gourmet garlic dip, skordalia.







What is it?

Skordalia is a compound of the Greek word skordo, meaning garlic, and the Italian word agliata, meaning garlicky. Skordalia is a delicious garlic-based dip or spread. It is tasty in wraps, on roast vegetables or as a dip.

TOTAL FAT CARBOHYDRATES

38g

24g

# FROM YOUR BOX

PARSLEY	1 bunch
LEMON	1
CHICKEN MINCE	600g
SKORDALIA	1 tub
CHICKPEA COUSCOUS	1 packet (200g)
CHICKPEA COUSCOUS TOMATOES	1 packet (200g)
TOMATOES	2

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

oven tray, saucepan

#### **NOTES**

If you're in a hurry and don't want to make the meatballs, simply sauté the chicken mince in a frypan with parsley, lemon zest, salt and pepper until browned and cooked through. Toss through couscous with prepared ingredients and skordalia.

For extra flavour when cooking the couscous, crumble in a stock cube or use liquid stock.



#### 1. MAKE THE MEATBALLS

Set oven to 220°C.

Thinly slice parsley leaves and zest lemon. Add 2 tsp each zest and parsley (reserve remaining) to a bowl along with chicken mince and 1 tbsp skordalia. Season with salt and pepper and mix well to combine.



# 2. ROAST THE MEATBALLS

Spoon tablespoonfuls of mince onto a lined oven tray to make approximately 20 meatballs (see notes). Drizzle with oil and bake for 15-20 minutes or until cooked through.



### 3. COOK THE COUSCOUS

Pour **400ml** water into a saucepan. Season with salt and pepper (see notes). Bring to a boil and remove from heat. Add couscous and stir to combine. Cover and leave to stand for 10 minutes.



# 4. PREPARE THE VEGETABLES

Roughly chop tomatoes. Thinly slice shallot and dice cucumbers.

Add **1 tbsp water** to remaining skordalia to loosen.



# 5. TOSS THE COUSCOUS

Add reserved lemon zest and parsley to couscous along with juice from 1/2 lemon (wedge remaining lemon and set aside). Toss to combine.



# 6. FINISH AND SERVE

Spoon skordalia into shallow bowls. Top with tossed couscous, fresh vegetables and chicken meatballs.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



