




Product Spotlight: Coriander


All parts of the coriander are edible, including the stems and seeds. It has a fresh, sweet, lemon and nutty flavour that brings life to dishes.



Moroccan Beef Meatball Stew

Beef meatballs cooked in a veggie-loaded Moroccan stew served over buckwheat and garnished with fresh coriander and toasted almonds.

 30 minutes

 2 servings

 Beef

18 August 2023

Spice it up!

Add a pinch of ground chilli or dried chilli flakes, or serve the stew with a dollop of natural yoghurt for a creamy finish.

Per serve: **PROTEIN** 47g **TOTAL FAT** 16g **CARBOHYDRATES** 71g

FROM YOUR BOX

BUCKWHEAT	1 packet
CORIANDER	1 packet
BEEF MINCE	300g
BROWN ONION	1
MEDIUM EGGPLANT	1
MOROCCAN SPICE MIX	1 sachet
GREEN CAPSICUM	1
TINNED CHERRY TOMATOES	400g
FLAKED ALMONDS	1 packet (20g)

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

2 frypans, saucepan

NOTES

If you have an aversion to coriander, use fresh parsley, mint or dried oregano instead.

This will make approximately 10 meatballs.

Use eggplant to taste. Add any leftover eggplant to pasta dishes, or roast it for pizza toppings or to make eggplant dip.



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1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. MAKE THE MEATBALLS

Finely chop coriander stems (see notes). Mix well with beef mince, **salt and pepper**. Heat a large frypan over medium-high heat. Add tablespoonfuls of beef mince to pan and cook for 2 minutes each side until browning begins. Remove from pan and keep pan over heat.



3. SAUTÉ THE VEGETABLES

Slice onion and dice eggplant (see notes). Add to frypan with **oil** and Moroccan spice mix. Sauté for 4 minutes. Chop capsicum and add to pan.



4. SIMMER THE STEW

Return meatballs to frypan. Pour in tinned cherry tomatoes and **3/4 tin water**. Simmer, semi-covered, for 10 minutes. Season to taste with **salt and pepper**.



5. TOAST THE ALMONDS

Optional: Heat a small frypan over medium-high heat. Add almonds and toast for 2–3 minutes.



6. FINISH AND SERVE

Spoon buckwheat into bowls. Ladle in stew. Top with toasted almonds and remaining coriander.

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