



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Ozzie Ras El Hanout

Featuring native Australian ingredients such as mountain pepper, desert lime and river mint, this spice mix is a perfect blend of Ozzie and Moroccan!



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## Ozzie Moroccan Meatball Stew with Sorghum

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



30 minutes



2 servings



Beef

16 September 2022

### 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	TOTAL FAT	CARBOHYDRATES
	41g	14g	39g

## FROM YOUR BOX

SORGHUM	1 packet (100g)
CORIANDER	1 packet
BEEF MINCE	300g
BROWN ONION	1
MEDIUM EGGPLANT	1
OZZIE RAS EL HANOUT	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, you can use fresh parsley, mint or dried oregano.

This will make approximately 10 meatballs.

Use eggplant to taste. Any leftover eggplant can be added to pasta dishes, roasted and used to top pizza or roasted to make eggplant dip.



### 1. COOK THE SORGHUM

Place sorghum in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes or until tender. Drain and rinse under cold water.



### 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 along with extra **oil** and ras el hanout. 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

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



### 6. FINISH AND SERVE

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

**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**

