



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



4 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	TOTAL FAT	CARBOHYDRATES
	42g	12g	54g

FROM YOUR BOX

BUCKWHEAT	1 packet
CORIANDER	1 packet
BEEF MINCE	600g
BROWN ONION	1
MEDIUM EGGPLANT	1
MOROCCAN SPICE MIX	1 sachet
GREEN CAPSICUM	1
TINNED CHERRY TOMATOES	400g
FLAKED ALMONDS	1 packet (40g)

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 20 meatballs.



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. 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 **1 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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