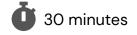




Meatball Share Platter

with Harissa Yoghurt

Juicy beef meatballs with a hint of BBQ flavour, served on a platter with paprika potatoes, fresh veggie sticks and a flavour packed harissa yoghurt sauce for dipping.





2 servings



Stretch the Dish!

You could serve the meatballs on a bed of salad leaves or in a crusty hotdog roll to stretch the dish further!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

45g 13g

48g

28 December 2020

FROM YOUR BOX

POTATOES	500g
BEEF MINCE	300g
BBQ SAUCE	1/2 tbsp *
HARISSA PASTE	1 sachet
NATURAL YOGHURT	1 cup *
CONTINENTAL CUCUMBER	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
GREEN CAPSICUM	1

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, salt and pepper, smoked paprika

KEY UTENSILS

oven tray, frypan

NOTES

If you don't have a non-stick frypan you can add oil when cooking.

No beef option - beef mince is replaced with chicken mince.



1. ROAST THE POTATOES

Set oven to 220°C.

Cut potatoes into cubes. Toss on a lined oven tray with 1/2 tsp smoked paprika, oil, salt and pepper. Roast for 20–25 minutes until golden and cooked through.



2. COOK MEATBALLS

Heat a frypan over medium heat. Combine beef mince with 1/2 tbsp BBQ sauce, 1/2 the harissa paste (1 tbsp), salt and pepper. Use wet hands to roll into 1 tbsp size meatballs. Add to pan as you go and cook for 6-8 minutes until cooked through.



3. MAKE THE SAUCE

Stir remaining harissa paste through yoghurt in a small serving bowl.



4. PREPARE THE SALAD

Slice cucumber. Halve tomatoes and slice capsicum.



5. FINISH AND PLATE

Arrange potatoes, fresh salad, sauce and meatballs on a large serving platter. Serve at the table.



