




Product Spotlight: Hummus


Low in saturated fat and high in fibre and protein, hummus also offers complex carbohydrates to make you feel satisfied and full.



3 Herby Chicken Meatballs with Sweet Potato Hummus

Baked chicken meatballs served with roasted root vegetables and hummus blended with sweet potato, and fresh salad.

 35 mins

 4 servings

 Chicken

16 July 2021

Switch it up!

Any of the roasted vegetables can be used to blend into the hummus. Beetroot will make a deep earthy flavoured hummus, and carrot will give a sweeter taste.

Per serve: **PROTEIN** 33g **TOTAL FAT** 17g **CARBOHYDRATES** 19g

FROM YOUR BOX

SWEET POTATO	1 small
DUTCH CARROTS	1 bunch
BEETROOTS	3
PARSLEY	1 bunch
CHICKEN MINCE	600g
LEMON	1
MINT	1 bunch
LEBANESE CUCUMBER	1
HUMMUS	1 tub

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin, ground coriander

KEY UTENSILS

2 oven trays, stick blender (or small food processor)

NOTES

Adding an egg to the mixture will give the meatballs extra richness.

Make the meatballs to your desired size, just remember they may need to cook for longer if you choose to make them larger.



1. ROAST VEGETABLES

Set oven to 220°C.

Roughly chop sweet potato, trim dutch carrots, wedge beetroots. Toss on a lined oven tray with **oil, 2 tsp cumin, 1 tsp coriander, salt and pepper**. Roast for 20–25 minutes until tender.



2. MIX MEATBALLS

Finely chop half the parsley (including tender stems), add to a bowl with chicken mince, lemon zest, **1 tsp cumin, 1 tsp coriander, salt and pepper** (see notes). Mix until well combined.



3. COOK MEATBALLS

Using wet or oiled hands form mince into 1 tbsp sized balls (see notes) and place on a lined oven tray. Bake for 10–12 minutes until cooked through.



4. PREPARE SALAD

Roughly chop remainder of parsley, and mint leaves, dice cucumber. Toss in a bowl with juice from half lemon, **1 tbsp olive oil, salt and pepper**.



5. BLEND THE HUMMUS

Using a stick mixer, blend hummus with roasted sweet potato, **2 tbsp water** and remainder of lemon juice to a smooth consistency. Season with **salt and pepper**.



6. FINISH AND PLATE

Spoon hummus onto base of shallow bowls, top with even amounts of roasted vegetables, meatballs and fresh salad.

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