

## SPICY MEATBALLS TAGINE

**Preparation Time:** 15-30 minutes depending on amount

**Cooking Time:** 30 - 45 minutes depending on amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
<b>Ingredients:</b>				
Onion, chopped	½ Small	1 Small	1 ½ Small	2 Small
Raisins	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Beef, lean, minced	2/3 Cup	1 1/3 Cups	2 Cups	2 2/3 Cups
Tomato puree	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Yellow peppers	¼ Medium	½ Medium	¾ Medium	1 Medium
Olive oil	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Ground cinnamon	¼ tsp.	½ tsp.	¾ tsp.	5 tsp.
Canned tomatoes, chopped	1 Can	2 Cans	3 Cans	4 Cans
Lemon juice, fresh	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Celery sticks	1 Stick	2 Sticks	3 Sticks	4 Sticks
Zucchini, roughly chopped	1 Medium	2 Medium	3 Medium	4 Medium
Frozen peas	¼ Cup	½ Cup	¾ Cup	1 Cup
Chili, fresh	¼ Medium	½ Medium	¾ Medium	1 Medium

*Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.*

### Instructions:

- Mix together half the onions, the raisins, minced beef, tomato puree and yellow peppers in a bowl. Using your hands, knead to combine the mixture evenly. Divide the mixture into equal parts and make the meatballs approximately the size of golf balls.
- Heat half the olive oil in a large saucepan and then pan-fry the meatballs until they are browned all over.
- Tip out the excess fat and put all the meatballs in the pan.
- Add the cinnamon, tomatoes and lemon juice, cover and simmer gently for 20-25 minutes until the meatballs are cooked through.
- Meanwhile, heat the remaining oil in a large frying pan, add the celery, zucchini and chilli and cook until soft and starting to brown. Add the peas and cook for a further 5 minutes until the peas are tender.
- Just before serving, stir the zucchini mixture in with the meatballs.

### Tips to Reduce Preparation & Cooking Time:

- Use a sharp knife to prepare the vegetables and reduce preparation time.
- Use bottled lemon juice instead of fresh lemon juice to reduce preparation time.
- Use dried chili flakes in the place of fresh chili to reduce preparation time.
- Cook the meat balls in the oven instead of pan frying, it is less labour intensive to cook the meat balls this way and will therefore reduce preparation time.

<b>Spicy Meatball Tagine - Analysis per Serving</b>	
<b>Energy:</b>	
Calories (kcal):	314
<b>Protein (g):</b>	18.3
<b>Total Fat (g):</b>	17.7
Saturated Fat (g):	5.5
Monounsaturated Fat (g):	9.1
Polyunsaturated Fat (g):	1.0
<b>Omega-3's (g):</b>	0.1
<b>Cholesterol (mg):</b>	54.0
<b>Carbohydrates (g):</b>	22.4
Of which is sugars (g):	0.0
<b>Fiber (g):</b>	4.3
<b>Sodium (mg):</b>	115.0