

## BENNY'S MOROCCAN MEATBALLS AND VEGGIES

- SOYF, SF, EF, GF

# 38

### INGREDIENTS

#### VEGETABLES:

1/8 Kent Pumpkin, Pealed  
16 Dutch Carrots

300g Fresh Baby Spinach

1 Tbsp. Natural Honey

1 Tbsp. Rosemary

1 Tbsp. Macadamia Oil

#### MEAT BALLS:

1/2 Cup Fresh Flat Leaf Parsley

1 Tbsp. Mild Ground Paprika

2 tsp. Ground Cumin

1 tsp. Himalayan Pink Rock Salt

1/4 tsp. Ground Black Pepper

1kg Lamb Mince

SERVES 5

### NUTRITION INFO

#### CALORIES

399

#### TOTAL FAT

15.9g

#### SAT. FAT

2g

#### SODIUM

1060mg

#### TOTAL CARBS

24.6g

#### FIBRE

5.5g

#### SUGARS

21g

#### PROTIEN

48g

### METHOD

#### MEATBALLS AND SAUCE:

- 1 Combine Parsley, Cumin, Paprika, Salt and Pepper with your fingers. Crumble the lamb with your fingers into the bowl and knead until all of the ingredients are mixed together.
- 2 Wet your hands slightly with water. Take Tablespoon and Scoop out the mixture and roll between your hands into a ball. And Place to the side.
- 3 Heat Oil in a Large Pot, Add the onion and sauté till soft should take about 5 mins. Add Paprika, Garlic, Cumin, Salt, Pepper and stir for about 30 seconds add the chopped tomatoes and stir for about 1 min, Add Parsley, Tomato Paste and Water mixing until pastedissolves.
- 4 Bring the Sauce to a Boil then place the meatballs into the sauce. Reduce the heat and cover the pot. Cook for another 40mins.

#### VEGETABLES:

- 1 Peel and cut pumpkin into small pieces and place on baking tray cover lightly with Macadamia oil and rosemary. Place into preheated oven of 180 degrees.
- 2 Wash Carrots and cut the leaves off the top. Place onto a separate baking tray and drizzle the honey across the carrots. Also place the carrots in the oven with the pumpkin and cook for about 30 mins till soft.
- 3 Place your Meatballs and Vegetables on a plate and cover with a little extra sauce.