

Spiced Moroccan beef meat balls with roasted red peppers & homemade flat bread

Serves four

Meat Balls ingredients

500 g lean minced beef
1 free range egg
50 g soft fresh bread crumbs (Homemade bread - no salt in bread)
2 teaspoons ground cumin
½ teaspoon cinnamon pinch of cinnamon
4 cloves of fresh smoked garlic peeled and finely crushed
2 finely diced red chillies.



Method to make meat balls

Mix all ingredients together and form into meat ball shapes.
Pan fry until golden colour and place onto a roasting tray to cover with the tomato sauce and finish cooking in the oven.
Use 4 tablespoons of Rapeseed oil to fry the meat balls.

Sauce ingredients

Rapeseed Oil to fry the onion and garlic mix
1 small red onion peeled and finely chopped
1 large bay leaf
1 tablespoon tomato puree
2 tins of chopped tomatoes (we are using Napolina with no added salt)
1 green pepper de-seeded and cut into fine dice
200 g chick peas taken from a tin of chick peas and well washed
2 tablespoons of raisins
1 tablespoon runny Honey
Zest and juice of 1 large orange

Method to make the sauce

Fry the chopped red onion and garlic in oil until it has softened, then add the chopped green pepper and bay leaf
Add the tomato puree and cook out for 2 mins
Add all the other ingredients and allow to finish off cooking slowly for 10 mins; add a little water if necessary to give a loose consistency.

Once the flavours have come together pour over the meat balls and bake at 170°C for another 20 mins until hot and cooked through
 Serve the tomato meat balls on the homemade flat bread with roasted red pepper and salad

Roasted red peppers

2 small red peppers

Simply place the red pepper whole in a roasting tray and rub the skin with rapeseed oil and move around so the skin gets contact on the base of the tray at least 3 times during cooking.

Bake in a hot oven at 210°C until the skin has started to go brown; this will take 10- 20 mins depending on the size of you red pepper.

Once cooked remove from the tray still leaving the pepper whole and place in a bowl and cover the bowl tightly with cling film and allow to steam (the bowl will fill with hot steam and helps to lift the skin from the red pepper)

Once allowed to cool simply peel off the skin and remove the centre core of the red pepper. Discard the seeds and skin, then cut the peeled red pepper into strips for serving

Flat bread recipe

200 g Wholegrain Organic millers flour

NO SALT

1 tablespoon of rapeseed oil

1 tablespoon smoked paprika

1 teaspoon Nigella seeds

1 small bunch of chopped mixed fresh herbs (*we are using chives, basil and thyme*)

Cold water to bind

1 teaspoon of coriander

Large pinch of cinnamon

Simply mix the ingredients together and bind with cold water, then roll flat with a rolling pin to the size you like and pan fry in a dry pan for 1-2 mins each side on a medium heat until cooked through
 Cut into wedges for serving.

Nutritional information

	Sodium* (mg)	Salt^ (g)	Potassium*# (mg)	Sodium/ Potassium¶
Total recipe	1451	3.63	7518	0.19
per 100g	242	0.61	1253	0.19

Traffic light coding derived from the Department of Health Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets (2013).

* Nutritional content derived from McCance & Widdowson's Composition of Food Integrated Dataset.

^ Salt derived by multiplying sodium (g) by 2.5

Potassium currently not included in the FoP coding.

¶ Sodium/Potassium should be 1 or less.