



# Moroccan meatballs

with herbed rice



Froom mushroom-based meatballs in a chunky tomato sauce sit atop a lush pile of rice, herbed with fresh mint and parsley and lemon zest. A sprinkle of toasted almonds and lemon juice finish the dish. Easy to prepare and full of flavour.

*NO ADDED GLUTEN | CALORIE SMART | Great for leftovers, Spicy (medium)*



Make this dish within 5 days of receiving your meal kit



Cooking equipment: medium pot, small pot, large frying pan



Pantry items needed: olive oil, vegetable oil



Hands-on: 30 minutes  
Ready in: 40-45 minutes



Serves: 2 or 4



**Froom Balls**

(240g) \$11

Featured as part of this meal kit and available to add to your next order.

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Basmati rice	1 packet	1 packet
Water for rice*	1 cup + 2 tbsp	1¼ cup
Brown onion	150g	300g
Garlic	6g	12g
Lemon	100g (half)	100g
Parsley	5g	10g
Mint	5g	10g
Olive oil*	½ tbsp	1 tbsp
Moroccan spice	1 packet	1 packet
Tinned tomatoes	1 can	2 cans
Water for sauce*	¼ cup	½ cup
Vegetable oil*	1 tbsp	2 tbsp
Froom balls	1 packet	2 packets
Toasted flaked almonds	1 packet	1 packet

\* Pantry items

## Allergens and ingredients

Allergens: almond.

May contain traces of other allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Cook rice

Rinse **basmati rice** in a sieve until the water runs clear. In a small pot, add **basmati rice** and **water for rice\*** and bring to a boil. Reduce to a simmer and cook, covered, until the **water** has absorbed and **rice** is tender, about **12 minutes**. When cooked, remove from the heat and keep covered for **10 minutes**. Remove lid and allow to cool.

## 2. Prepare vegetables

Finely dice **onion**. Mince **garlic**. Zest **lemon** (½ for **2 serves** and **1 for 4 serves**) and slice into wedges for serving. Finely slice **parsley** leaves. Pick **mint** leaves and finely slice.

## 4. Cook sauce

In a medium pot over medium heat, add **olive oil\*** and **onion** and sauté until softened, about **8 minutes**. Add **garlic** and **Moroccan spice** and cook for **1 minute**. Add **tinned tomatoes**. Add **water for sauce\*** to **tinned tomatoes** can, swish around and add to the pot. Stir to combine, bring to a simmer and cook, covered, for **5 minutes**. Remove lid and cook until thickened, about **5 minutes**.

## 5. Fry meatballs

In a large frying pan over medium heat, add **vegetable oil\***. When hot, add **Froom balls**, spread out so they aren't touching. Cook for **8 minutes** until golden on all sides.

## 6. Serve

Stir **lemon zest**, **mint** and **parsley** into the **rice**. Serve **herbed rice** into bowls with **Froom balls** and **sauce** on top. Sprinkle over **toasted almonds**.

Eat your way  
to healthy!



**Tomatoes** are a good source of fibre, antioxidants and several vitamins and minerals, such as vitamin B9, C, K, and potassium.

Tomatoes have been linked to health benefits such as reduced risk of heart disease and cancer, as well as skin health.

## Nutritional information\*

	Per 610g serve	Per 100g
Energy	1930kJ (462Cal)	314kJ (76Cal)
Protein	14.7g	2.4g
Fat, total	16.7g	2.7g
- Saturated	2.2g	0.4g
Carbohydrate	56.0g	9.0g
- Sugars	12.0g	2.0g
Sodium	781mg	128mg

\* Nutritional information is based on averages