

# Moroccan Meatloaf

## with Ras el Hanout Vegetables

hellóchef

A warm mix of sweet and spicy flavours.

Cals 1095 • Prot 44 • Carbs 69 • Fat 74

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 45 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Meatloaf	2 ppl	3 ppl	4 ppl	
Beef mince	350	525	700	Grams
Red onion	2	2	3	Piece
Garlic cloves	4	5	6	Piece
Fresh parsley	15	30	30	Grams
Olive oil	2	3	4	Tbsp
Salt	1	2	2	Tsp
Almond flour 1*, 2*	40	60	60	Grams
Harissa paste	20	30	40	Grams
Golden raisins 14*	30	45	60	Grams
Pine nuts 2*	20	30	40	Grams
Organic Eggs 5*	1	2	2	Piece
Black pepper	0.5	1	1	Tsp
Tomato sauce				
Chopped tomatoes	400	400	800	Grams
Olive oil	2	3	4	Tbsp
Honey	15	15	30	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Vegetables				
Cauliflower	300	400	600	Grams
Carrot	2	3	4	Piece
Vegetable oil	2	3	4	Tbsp
Ras el hanout	5	8	10	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

\*1 Peanuts, \*2 Tree Nuts, \*14 Sulphur Dioxide, \*5 Eggs

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	4581 / 1095
Fat (g)	74
of which saturates (g)	22
Carbohydrate (g)	69
of which sugars (g)	36.9
Fiber (g)	17.6
Protein (g)	43.8
Salt (g)	4.1

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep and fry

Preheat the oven to 200°C/180°C fan. Peel and chop the **onion** and **garlic**. Chop the **parsley**. Heat a pan over a medium heat with a drizzle of **oil** and fry the **onion** with a pinch of **salt** for 5 min. Add the **garlic** and fry for 2 min further.



2 Knead

Add 2/3 of the fried **onion** and **garlic** to a bowl. Add the **beef mince**, **parsley** (reserve some for garnish), **almond flour**, **harissa (spicy!)**, **raisins**, **pine nuts**, **eggs**, **pepper** and another pinch of **salt**. With clean hands, knead for 3-5 min until fully combined and tender.



3 Make tomato sauce

Add the **chopped tomatoes** to the pan with the remaining **onion** and **garlic**. Add the **honey** and a pinch of **salt** and **pepper**. Bring to a simmer and cook for 5 min or until thickened.



4 Bake meatloaves

Drizzle a baking dish with **olive oil**. Form the meat mixture into small individual meatloaves. Pour the tomato sauce over the top. Bake in the oven for 20-25 min or until cooked through but still juicy.



5 Prep vegetables

Meanwhile, separate the **cauliflower** to small florets (halve the big ones). Peel the **carrots** and cut them into thin sticks.



6 Fry vegetables

Heat a large pan over a medium-high heat with a generous drizzle of **oil**. Fry the **cauliflower** and **carrot** with a pinch of **salt** for 8-10 min until crisp-tender. Season with the **ras el hanout** and **black pepper** and cook for a final 1 min. Serve alongside the Moroccan meatloaf and the tomato sauce. Garnish with the remaining **parsley**.