

Kefta Mkaoura, Moroccan Lamb Meatball and Egg Pan

hellóchef

This dish is traditionally cooked in a tagine pot!

Cals 679 • Prot 61 • Carbs 26 • Fat 41

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🕒 cook: 40 min

R2375



Before you start

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

Ingredients

Meatballs	2 ppl	3 ppl	4 ppl	
Lamb mince	350	525	700	Grams
Red onion	1	1	1	Piece
Garlic cloves	2	3	4	Piece
Fresh parsley	15	15	30	Grams
Olive oil	2	3	4	Tbsp
Paprika powder	2	2	4	Grams
Cumin powder	2	2	2	Grams
Cinnamon powder	2	2	2	Grams
Salt	1	1	2	Tsp
Black pepper	0.5	1	1	Tsp
For casserole				
Tomatoes	2	3	4	Piece
Olive oil	1	2	2	Tbsp
Brown sugar	5	5	10	Grams
Tomato paste	30	50	70	Grams
Chopped tomatoes	400	800	800	Grams
Water	50	50	100	ML
Chicken stock cube	4*, 5*, 9*, 15*	0.5	1	Piece
Salt	1	1	2	Tsp
Organic Eggs	5*	2	3	Piece
Fresh coriander	15	15	15	Grams
To serve				
Sourdough bread slices	10*, 11*	2	2	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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)	2840 / 679
Fat (g)	41.1
of which saturates (g)	17.4
Carbohydrate (g)	26
of which sugars (g)	15.2
Fiber (g)	8.9
Protein (g)	60.9
Salt (g)	2.2

*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 vegetables

Peel and chop the **onion** and **garlic** (for both the meatballs and the sauce). Chop the **tomatoes** and **parsley**.



2 Make meatballs

Heat a drizzle of **oil** in a large pan over a medium-high heat and fry the **onion** for 5 min. Add the **garlic** and fry for 2 min. Transfer half of the **onion** and **garlic** mix to a bowl to cool. Once cooled slightly, add the **lamb mince, paprika, cumin, cinnamon** (see pro tip!), **chopped fresh parsley, salt** and **black pepper**. With clean hands, knead until tender. Shape into small meatballs.



3 Make sauce

Add another drizzle of **oil** to the pan with the remaining fried **onion** and **garlic**. Add the **tomatoes, brown sugar** and **tomato paste**, and cook over medium heat for 3 min. Add the **chopped tomatoes**, measured **water** and **stock cube**. Simmer for 2 min.



4 Add meatballs

Add the meatballs. Cover with a lid and simmer (don't boil) for 15 min. Season the sauce with **salt** and **pepper** to taste. (If you're cooking for 3-4, use two pans. Alternatively, pour everything into a baking dish and bake at 200°C for 20 min.)



5 Add eggs

After 15 min, crack the **eggs** into the sauce (see tips for fussy eaters). Cook, covered, for a final 5 min or until the **eggs** are cooked to your liking.



6 Serve

Chop the **coriander**, and garnish the kefta mkaoura with it. Serve the **bread** on the side.