

**Tips For Fussy Eaters**

Serve with plain rice instead.

Pro Tip

The trick to perfectly fluffy rice is to rinse it thoroughly first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.

This Middle Eastern meatball dish which is served with vermicelli rice is named after King Daoud Basha, who enjoyed this meal frequently.

Cooking Time: 35 min | Dairy-Free

Cals 1148 | Prot 50 | Carbs 151 | Fat 38

Ingredients

For 2 For 3 For 4

Meatballs

Beef mince	350	525	700	Grams
Brown onion	1	1	2	Pieces
Fresh parsley	15	15	15	Grams
Cinnamon powder	1	2	2	Grams
Marmite	8	16	16	Grams
Vegetable oil	1	2	2	Tbsp

Tomato sauce

Garlic cloves	2	3	4	Piece
Carrot	1	2	2	Pieces
Coriander powder	2	2	4	Grams
Allspice powder	2	2	4	Grams
Tomato paste	30	50	70	Grams
Beef stock cube	1	1	2	Pieces
Chopped tomatoes	400	800	800	Grams
Honey	15	15	30	Grams
Pomegranate molasses	20	30	40	Grams

Vermicelli rice

Basmati rice	150	225	300	Grams
Ghee	30	45	60	Grams
Rice vermicelli	50	50	100	Grams
Water	300	450	600	ML

Garnish

Pomegranate	1	1	1	Pieces
Crispy onions	20	30	40	Grams



1 Prep

Rinse the **basmati rice** thoroughly. Peel and finely chop the **onion**. Peel and mince the **garlic**. Peel and slice the **carrots** into half-moons. Chop the **fresh parsley**.



2 Make meatballs

In a bowl, combine the **beef mince**, half of the **chopped onions**, **cinnamon powder**, **black pepper**, **parsley**, **salt** and **marmite**. Knead the mixture using your hands until everything is combined. Shape into 10/15/20 **meatballs**. Refrigerate.



4 Boil rice

Add the **basmati rice**, **measured water** and salt to the pan and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and cover.



5 Fry meatballs

Meanwhile, heat a non-stick pan over a high heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and fry for 2-3 min making sure to turn them until they brown evenly. Reduce the heat to a medium-high, add the **onions** and cook for 3 min. Add the **garlic**, **coriander powder** and all spice. Cook for 1 final min.



3 Start rice

Heat a pot over a medium-high heat with the **ghee**. Once hot, roughly break up the **vermicelli** noodles using your hands into the pan. Fry for 4-5 min, constantly stirring, until browned and **crispy**.



6 Serve

Add the **tomato paste**, **stock cube**, **chopped tomatoes**, **honey**, **pomegranate molasses** and **carrots**. Simmer for 12-15 min or until the **carrots** are soft and the **meatballs** are cooked through. Meanwhile, halve the **pomegranate**, seeds facing down. Hit the skin with a spoon, squeezing to release the seeds. Serve the **meatballs** over the **rice** and top with fried **onions** and **pomegranate**.



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04-8855-758