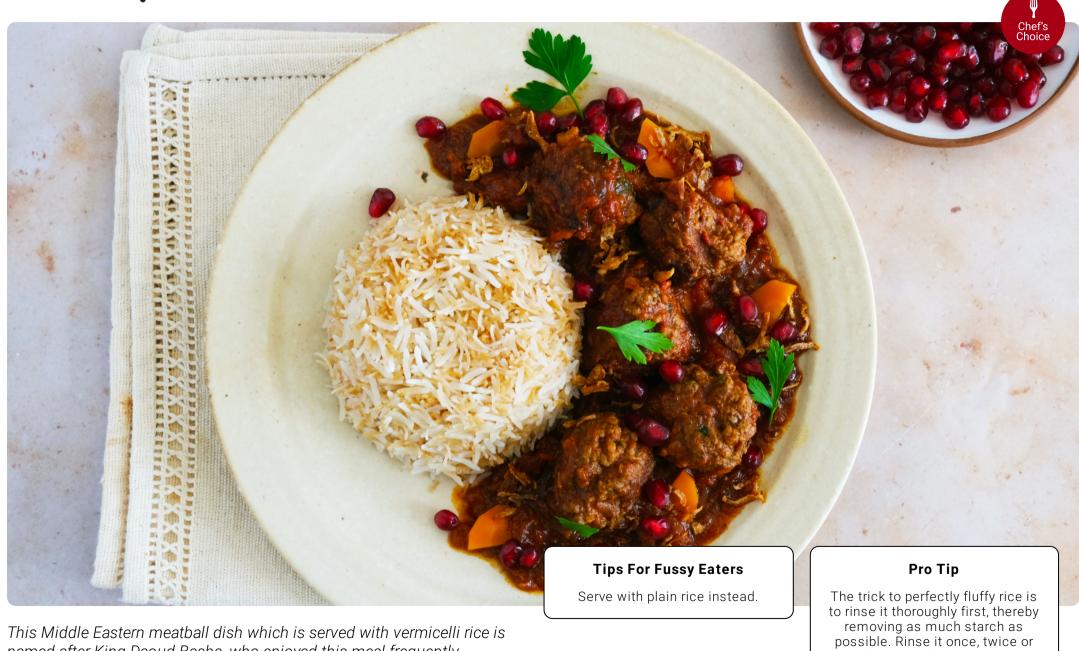


# **Daoud Basha - Lebanese Meatballs in Tomato Sauce**



named after King Daoud Basha, who enjoyed this meal frequently.

Cooking Time: 35 min | Dairy-Free Cals 1148 | Prot 50 | Carbs 151 | Fat 38

even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.

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



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### 1 Prep

Rinse the **basmati** rice thoroughly. Peel and finely chop the **onion**. Peel and mince the **garlic**. Peel and slice the **carrots** into halfmoons. 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.

#### 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**.







#### 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 **meatballs** and fry for 2-3 min 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 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.

## 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**, hold each half over a large bowl, 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.