

#### 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 its greatest fan, King Daoud Basha.*

**Cooking Time: 35 min**

**Cals 1116 | Prot 50 | Carbs 143 | Fat 38**



## Ingredients

For 2 For 3 For 4

### Meatballs

Beef mince	350	525	700	Grams
Brown onion	1	1	2	Piece
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	Piece
Coriander powder	2	2	4	Grams
Allspice powder	2	2	4	Grams
Tomato paste	30	50	70	Grams
Beef stock cube	1	1	2	Piece
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	Piece
Crispy onions	20	30	40	Grams

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## 1 Prep

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



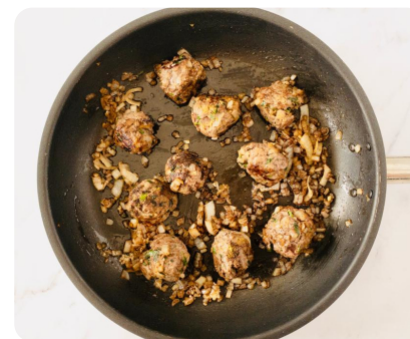
## 4 Boil rice

Drain and 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. Once cooked, remove the pan from the heat and cover.



## 2 Make meatballs

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



## 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 until browned. Reduce the heat to medium-high, add the **onions** and cook for 3 min. Add the **garlic**, **coriander powder** and **allspice powder**. Cook for 1 min.



## 3 Start rice

Heat a pot over a medium-high heat with the **ghee**. Once hot, roughly break up the **vermicelli** noodles 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. 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**.