

# Daoud Basha, Lamb Meatballs in a Rich Tomato Sauce

with Creamy Cauli Mash

**hellóchef**

Cals 785 • Prot 61 • Carbs 45 • Fat 46

Enjoy this Middle Eastern meatball dish, served over cauli mash. It is named after its greatest fan, King Daoud Basha.

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🕒 cook: 45 min

R3560





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
Fresh parsley	15	15	15	Grams
Cinnamon powder	1	1	2	Grams
Salt	0.5	0.5	1	Tsp
Marmite 11*, 15*	8	8	16	Grams
Black pepper	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
Tomato sauce				
Red onion	1	1	2	Piece
Garlic cloves	2	3	4	Piece
Small zucchini	2	3	4	Piece
Ras el hanout	5	8	10	Grams
Tomato passata	200	400	500	Grams
Tomato paste	30	50	70	Grams
Water	100	50	100	ML
Chicken stock cube 4*, 5*, 9*, 15*	1	1	2	Piece
Brown sugar	5	5	10	Grams
Pomegranate molasses	20	30	40	Grams
Cauliflower mash				
Cauliflower	600	800	1200	Grams
Cream cheese 4*	80	120	160	Grams
Salt	0.5	0.5	1	Tsp
Black pepper	0.5	0.5	1	Tsp

Allergens

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

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)	3286 / 785
Fat (g)	45.8
of which saturates (g)	22.3
Carbohydrate (g)	45
of which sugars (g)	18.7
Fiber (g)	12
Protein (g)	61.2
Salt (g)	4.2

\*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

Peel and finely chop the **onion** and **garlic**. Chop the **zucchini** into bite-size pieces. Finely chop the **parsley**.



2 Make meatballs

In a large bowl, combine the **lamb mince**, **cinnamon powder**, **salt**, **marmite**, **black pepper** and half of the **parsley**. Reserve the rest for garnish. Knead the mixture until combined. Shape into {10/15/20} **meatballs**.

**Tip!** To avoid dense tough meatballs, don't over-knead the mixture.



3 Fry

Heat a non-stick pan with a lid over a medium-high heat with a drizzle of **vegetable oil**. Once hot, add the **meatballs** and fry for 2-3 min until browned. Add the **onions** and cook for 3 min further. Add the **garlic** and **ras el hanout** (**spicy!**). Cook for 1 min further.

**Tip!** Sensitive to spice? Go easy on the **ras el hanout**.



4 Simmer

Add the **tomato passata**, **tomato paste**, **measured water**, **stock cube**, **brown sugar** and **zucchini**. Bring to a boil. Reduce the heat to medium and simmer covered for 12-15 min or until the **meatballs** are cooked through. Once cooked, keep warm until ready to serve.



5 Blend cauliflower

Meanwhile, chop the **cauliflower** into small florets. Bring a large pot of salted water to a boil. Add the **cauliflower** and cook, covered, for 12-15 min or until soft. Once cooked, drain and add the **cauliflower** and **cream cheese** to a food processor. Blitz for 1-2 min until smooth. Season generously with **salt** and **pepper**.



6 Serve

Serve the **meatballs**, **zucchini** and **sauce** over the **cauliflower mash**. Drizzle the **pomegranate molasses** over the **meatballs**. Top with the remaining **parsley**.