



## MOROCCAN MEATBALLS

SERVES 4

### INGREDIENTS

2 Tbsp olive oil  
 24 uncooked Basic Meatballs (page 134)  
 1 large onion, peeled and finely chopped  
 1½ Tbsp Moroccan Paste (page 24; see Notes)  
 2 cloves garlic, peeled and finely chopped  
 2 tsp ground cumin  
 ½ tsp chilli flakes, optional  
 1 cup (250 ml) Tomato Cook-in Sauce (page 44; see Notes)  
 1 can (400 g) chickpeas, drained and rinsed  
 ½ cup (125 ml) full-cream plain yoghurt  
 100 g feta cheese, crumbled  
 Coriander leaves, for garnish  
 40 g lightly toasted flaked almonds, optional

### METHOD

Heat half the olive oil in a pan and brown the meatballs well on all sides (± 2–3 minutes; do this in batches if necessary). Set aside. Add the remaining oil to the pan and fry the onion for 4–5 minutes, until golden and softened. Stir in the Moroccan Paste, garlic, cumin and chilli flakes (if using), and cook for 1 minute, until fragrant. Add the tomato sauce or whole tomatoes and chickpeas. Simmer for 15–20 minutes, stirring occasionally, until you have a thick sauce. Place the meatballs in the sauce (along with any pan juices). Cover the pan and simmer for 10 minutes, until they are cooked through. Remove from the heat. Spoon over the yoghurt and top with the crumbled feta. Garnish with coriander and toasted almonds, if using. Serve immediately with buttered cauli rice or couscous.

**NOTES** If using frozen meatballs, allow them to thaw completely before using. Instead of homemade Moroccan Paste, use 2 Tbsp store-bought harissa paste. Replace homemade Tomato Cook-in Sauce with 1 can (400 g) whole peeled tomatoes (crushed with your hands or a fork, along with the juice from the can).