

Moroccan Meatballs With Couscous Or Pittas

Ingredients

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- 400g mince (plant based or lean)
 - 1 tsp ground cumin
 - 1 tsp paprika
 - 1 tsp ground coriander
 - 2 tbsp oil
 - Salt and pepper to taste
- 140g couscous (use 1 tbsp tumeric to flavour) or 4 pittas to serve
 - Houmous

Method

- 1.** Make your meatballs by combining your mince and ½ tsp of your spices and rolling into a ball. In a bowl pour your oil and combine with the other half of the spices, stir well and coat the meatballs with the oil mix.
- 2.** Cook in oven for 15/20 minutes or air fryer for 10.
- 3.** Meanwhile if serving with couscous, cook your couscous as per instructions and stir in turmeric.
- 4.** If serving with pitta, warm in the oven for a minute or in the air fryer. Serve with a dollop or houmous and any veggies or salad to hand.

The Finer Details

Per Portion
283 Calories
19g Protein
32g Carbs
7g Fat
