

MEATBALLS & COUSCOUS

INGREDIENTS

1 ONION	500ML VEG STOCK
2 PEPPERS	12 MEATBALLS TURKEY OR
1 GARLIC CLOVE	BEEF
1/2 TSP CHILLI FLAKES	150G BABY SPINACH
2 X 400G CHOPPED TOMATOES	1/2 SMALL BUNCH BASIL
100G COUSCOUS	GRATED PARMESAN

HOW TO MAKE

HEAT A DRIZZLE OF OIL IN A PAN AND FRY THE ONION AND PEPPERS UNTIL SOFTENED - AROUND 7 MINS. THEN STUR THROUGH THE GARLIC AND CHILLI FLAKES AND COOK FOR ONE MINUTE,

ADD THE TOMATOES, COUSCOUS AND STOCK AND BRING TO A SIMMER SEASON TO TASTE. ADD THE MEATBALLS AND SIMMER FOR 7 MINS OR UNTIL COOKED THROUGH.

ADD THE SPINACH AND STIR THROUGH UNTIL WILTED.
LADLE INTO BOWLS AND TOP WITH BASIL AND SOME PARMESAN.

SERVINGS 4

NUTRITIONAL INFO

CALORIES 492 KCAL | FAT 25G |
CARBS 40G | PROTEIN 43G