



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: JimJam Beans

We love JimJam beans!
Aussie made, plant-based goodness and so packed with flavour! Also delicious with brekky & in tacos! Crave more? Find them on our marketplace!



1 Moroccan Meatballs with Garlic Bread

Easy to make lamb meatballs cooked in a Moroccan style bean & veggie sauce. Served topped with fresh snow peas, chives and a dollop of yoghurt alongside crunchy garlic bread for dipping.

 20 minutes

 2 servings




 Lamb

9 July 2021

Make it even quicker

Instead of making meatballs you can brown the mince, adding cumin, garlic and chives then proceed to step 3! Bulk it up by serving over rice or couscous and adding any extra veg such as zucchini, pumpkin or sweet potato.

FROM YOUR BOX

LAMB MINCE 	300g
CHIVES	1/2 bunch *
GARLIC CLOVES	3
CHERRY TOMATOES	1 packet (200g)
RED ONION	1/2 *
YELLOW CAPSICUM	1/2 *
JIMJAM BEANS	1 jar
CIABATTA LOAF	1
SNOW PEAS	1/2 packet (75g) *
NATURAL YOGHURT	1/2 tub (100g) *
 ALMONDS	1 packet
 DICED PUMPKIN	300g

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil/butter + oil for cooking, salt, pepper, ground cumin


KEY UTENSILS

large frypan, oven tray

NOTES

No lamb option - lamb mince is replaced with **chicken mince**. Prepare meatball mix as per step 1 but instead of making meatballs, you can dollop the mixture straight into pan to cook.

No gluten option - bread is replaced with GF bread.

 **VEG OPTION** - Ingredients are replaced with **vegetarian alternatives** - follow the **cooking instructions as directed**.



1. PREPARE MEATBALL MIX

Set oven to 220°C.


Combine lamb mince with 1 tbsp chopped chives, **1/2 tsp cumin**, 1 small crushed garlic clove, **salt and pepper**.

 **VEG OPTION** - Skip this step.



2. BROWN THE MEATBALLS


Heat a frypan with a little **oil** over medium heat. Make meatballs (of desired size) and add to pan as you go. Cook until browned all around.

 **VEG OPTION** - Heat a frypan over medium heat. Roughly chop and add **almonds**. Toast for 3-4 minutes or until golden. Remove, keeping pan hot.



3. ADD THE VEGETABLES

Add cherry tomatoes, dice and add red onion and capsicum. Cook for 3 minutes then stir in beans. Simmer for 8-10 minutes.

 **VEG OPTION** - Add oil to pan with **diced pumpkin, tomatoes, diced onion & capsicum**. Cook for 5 minutes, stir in beans and 1/4 jar water. Simmer for 10-12 minutes or until pumpkin is soft.




4. MAKE THE GARLIC BREAD

In the meantime, crush 2 garlic cloves and mix with **3 tbsp olive oil/butter**. Slice bread loaf 3/4 of the way and spread with garlic mixture. Place on a tray in the oven for 5 minutes until crunchy.



5. FINISH AND SERVE

Trim and slice snow peas. Serve Moroccan meatballs topped with snow peas, yoghurt and remaining chives, alongside garlic bread for dipping.

 **VEG OPTION** - Serve **pumpkin & bean tagine** topped with **chopped snow peas, yoghurt, almonds and chopped chives** alongside garlic bread.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

