



 8%  
HEALTH SCORE

## Moroccan kofte and sausage stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 600 g ground beef minced
- 1 onion finely chopped
- 1 to 5 chillies red finely chopped
- 1 tsp ground cumin
- 1 tsp ground cloves
- 1 leaves cilantro leaves whole chopped
- 1 tsp ground coriander
- 1 eggs

- 0.5 tsp sea salt
- 250 g sausage chopped
- 2 Tbs olive oil
- 2 Tbs harissa
- 480 g tomatoes chopped
- 400 ml chicken stock see
- 0.3 tsp cinnamon
- 10 chillies dried red
- 3 cloves garlic minced
- 0.5 tsp salt
- 1 tsp caraway seeds
- 0.5 tsp cumin

## Equipment

- food processor
- frying pan

## Directions

- Mix the beef, onion, chilli, spices and the chopped coriander leaves.
- Add the egg and salt, mix and combine.
- Form small meatballs about the size of a walnut (approximately 26 meatballs).
- Fry the meatballs and the sausage in olive oil in a large frying pan until browned all over (you may need to do this in batches).
- Scoop out, then add the harissa\* and cook for a minute.
- Add the tomatoes, chicken stock and cinnamon. Simmer for 15 minutes.
- Return the meatballs and sausage and simmer for another 20 minutes, until cooked.
- Stir through the rest of the coriander to finish.
- Soak the dried chillies in hot water for 30 minutes.
- Drain.

- Remove stems and seeds.
- In a food processor blend chili peppers, garlic, salt, and olive oil.
- Add remaining spices and blend to form a smooth paste.
- Drizzle a small amount of olive oil on top to keep fresh.
- Store in airtight container and keep for a month in the refrigerator.

## Nutrition Facts

■ **PROTEIN 22.39%**
■ **FAT 68.8%**
■ **CARBS 8.81%**

### Properties

Glycemic Index:26.88, Glycemic Load:1.19, Inflammation Score:-6, Nutrition Score:14.646956521739%

### Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.01mg, Luteolin: 0.01mg,  
 Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg,  
 Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg  
 Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.22mg, Quercetin: 3.22mg,  
 Quercetin: 3.22mg, Quercetin: 3.22mg

### Taste

Sweetness: 42.93%, Saltiness: 100%, Sourness: 32.61%, Bitterness: 21.8%, Savoriness: 52.94%, Fattiness: 59.38%,  
 Spiciness: 100%

### Nutrients (% of daily need)

Calories: 372.17kcal (18.61%), Fat: 28.33g (43.59%), Saturated Fat: 9.37g (58.59%), Carbohydrates: 8.16g (2.72%),  
 Net Carbohydrates: 6.46g (2.35%), Sugar: 4.07g (4.52%), Cholesterol: 97.73mg (32.58%), Sodium: 676.71mg  
 (29.42%), Protein: 20.75g (41.5%), Vitamin B12: 1.92µg (31.99%), Vitamin B3: 6.05mg (30.24%), Zinc: 4.17mg  
 (27.82%), Vitamin B6: 0.5mg (25%), Vitamin C: 18.96mg (22.98%), Phosphorus: 215.41mg (21.54%), Selenium:  
 14.51µg (20.73%), Vitamin A: 814.25IU (16.28%), Manganese: 0.32mg (16.23%), Potassium: 568.18mg (16.23%), Iron:  
 2.73mg (15.17%), Vitamin B2: 0.25mg (14.85%), Vitamin B1: 0.18mg (12.08%), Vitamin K: 10.98µg (10.46%), Vitamin E:  
 1.45mg (9.66%), Magnesium: 33.92mg (8.48%), Copper: 0.17mg (8.25%), Vitamin B5: 0.77mg (7.67%), Fiber: 1.7g  
 (6.8%), Folate: 24.49µg (6.12%), Calcium: 43.6mg (4.36%), Vitamin D: 0.59µg (3.94%)