



Moroccan meatballs with eggs

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 onion finely chopped
- ☐ 3 tbsp olive oil
- ☐ 50 g breadcrumbs fresh
- ☐ 250 g ground lamb lean
- ☐ 0.5 tsp ground cinnamon
- ☐ 5 eggs
- ☐ 2 garlic clove sliced
- ☐ 1 zucchini sliced

- ☐ 800 g canned tomatoes chopped canned
- ☐ 2 tsp honey
- ☐ 0.5 tsp ras el hanout spice mix
- ☐ 20 g cilantro leaves chopped
- ☐ 400 g garbanzo beans rinsed drained canned

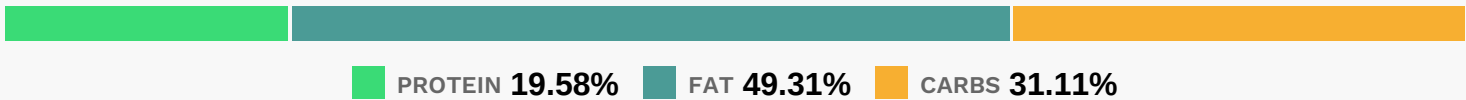
Equipment

- ☐ frying pan

Directions

- ☐ Fry the onion in 1 tbsp oil until soft, then allow to cool.
- ☐ Mix with the breadcrumbs, mince, cinnamon, 1 egg, tsp salt and lots of pepper, then shape into about 24 meatballs with wet hands. Fry in the remaining oil in a shallow pan for about 8 mins, moving them round until evenly browned. Lift out and set aside.
- ☐ Add the garlic to the oil left in the pan and fry until softened.
- ☐ Add the courgette, fry for 1–2 mins, then tip in the tomatoes, honey, ras el hanout, three-quarters of the coriander, seasoning and a couple of tbsp water. Stir and cook until pulpy.
- ☐ Stir in the chickpeas and add the meatballs. Make 4 hollows in the sauce, then break in the remaining eggs. Cover and cook for 4–8 mins over a low heat until the eggs are set. Scatter with coriander and serve straight from the pan with crusty bread for scooping up the sauce.

Nutrition Facts



Properties

Glycemic Index:61.15, Glycemic Load:10.15, Inflammation Score:-8, Nutrition Score:28.541739132093%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.58mg, Quercetin: 8.58mg,

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Nutrients (% of daily need)

Calories: 566.97kcal (28.35%), Fat: 32.08g (49.35%), Saturated Fat: 9.87g (61.67%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 35.37g (12.86%), Sugar: 15.12g (16.8%), Cholesterol: 250.23mg (83.41%), Sodium: 767.74mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.3%), Manganese: 1.55mg (77.68%), Vitamin B6: 1.02mg (51.21%), Fiber: 10.17g (40.67%), Iron: 6.81mg (37.85%), Vitamin C: 31.16mg (37.77%), Vitamin K: 37.15µg (35.38%), Selenium: 23.78µg (33.97%), Copper: 0.65mg (32.33%), Vitamin E: 4.84mg (32.26%), Phosphorus: 305.5mg (30.55%), Potassium: 1036.67mg (29.62%), Vitamin B2: 0.49mg (28.62%), Folate: 110.98µg (27.74%), Vitamin B1: 0.37mg (24.43%), Vitamin A: 1182.87IU (23.66%), Magnesium: 93.09mg (23.27%), Vitamin B5: 1.94mg (19.44%), Calcium: 189.69mg (18.97%), Vitamin B3: 3.78mg (18.91%), Zinc: 2.39mg (15.91%), Vitamin B12: 0.53µg (8.89%), Vitamin D: 1.1µg (7.33%)