

Moroccan Meatballs & Vegetables in an Egg Bake

Serves 8



Meatballs

Ingredients

- 1 kg beef mince
- 2 eggs
- 3 Tbsp oil
- 1 large onion diced
- 3 cloves garlic – crushed, peeled & diced
- 1 tsp cumin
- Good pinch of white Pepper
- 1 tsp cinnamon
- Pinch of salt (optional)

Method

1. Heat the oil in a saucepan
2. Add the onions and garlic into the pan on medium heat and stir until transparent (approx. 6 minutes)
3. Remove and put aside in a mixing bowl until cool (approx. 5 minutes)
4. When cooled, add the spices with all the meatball ingredients including eggs and mix well
5. Roll mixture into small meatballs all about the same size
6. Place meatballs into a large non-stick frying pan preheated on medium heat
7. Cook the meatballs carefully turning gently when needed (cook for approx. 10 minutes). You don't need to cook right through completely
8. Remove and put aside.

Vegetable Bake

Ingredients

- 4 Tbsp oil
- 1 large onion sliced
- 5 cloves garlic – crushed, peeled & diced
- 1 eggplant sliced
- 1 capsicum sliced
- 2 courgette sliced
- 1 tin tomatoes diced
- 1 tsp cumin
- ¼ tsp pepper
- Pinch of salt (optional)
- 8 eggs
- 1 cup milk
- ½ cup feta cheese crumbled
- Bunch of parsley chopped

Bake instructions below

Vegetable Bake

Method

1. Preheat the oven at 170 C
2. Heat the oil in a large non-stick pan over a medium heat
3. Add the onions and garlic, stirring frequently until the onions begin to caramelize
4. Add the eggplant and spices, mix well and add the tomatoes
5. Cook for approx. 8 minutes on moderate heat, stirring approx. every minute
6. Place the mix in an oven roasting dish and then place the meatballs evenly over the mix
7. Whisk the eggs and milk together, then pour over the mix
8. Crumble the feta over the mix
9. Place in the preheated oven at 170 C for approx. 20 minutes until the egg mix is nice and brown or cooked.