

Turkey meatballs with citrus couscous



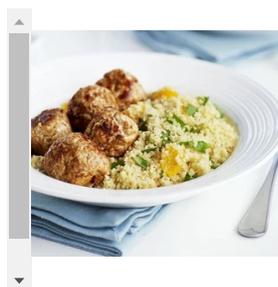
Prep: 15 mins
Cook: 15 mins



Easy



Serves 4



Alternatives

Complete the dish



Spaghetti & meatballs

★★★★★
262 ratings



Healthy turkey meatball

★★★★☆ 40 ratings



Spicy meatballs with

★★★★★ 121 ratings



Ingredients

500g pack turkey mince

2 tsp

each chilli powder

ground cumin and ground coriander

1 tsp

cinnamon

1

onion

coarsely grated

zest 1 orange

then peeled and orange segments chopped

250g

couscous

250ml hot chicken stock

2 tsp

olive oil

small bunch coriander
roughly chopped

Method

Step 1

In a big bowl, mix the mince, spices, onion and orange zest together really well with your hands. Roll the mixture into about 20 walnut-sized meatballs.

Step 2

Put the couscous in a bowl, pour over the hot chicken stock, cover with cling film and leave to stand for 10 mins.

Step 3

Heat the olive oil in a frying pan. add the meatballs and fry, turning often, for about 12 mins until browned all over and cooked through.

Step 4

Fluff the couscous up with a fork, stir in the chopped orange, coriander and some seasoning. Pile onto plates and serve with the meatballs.

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