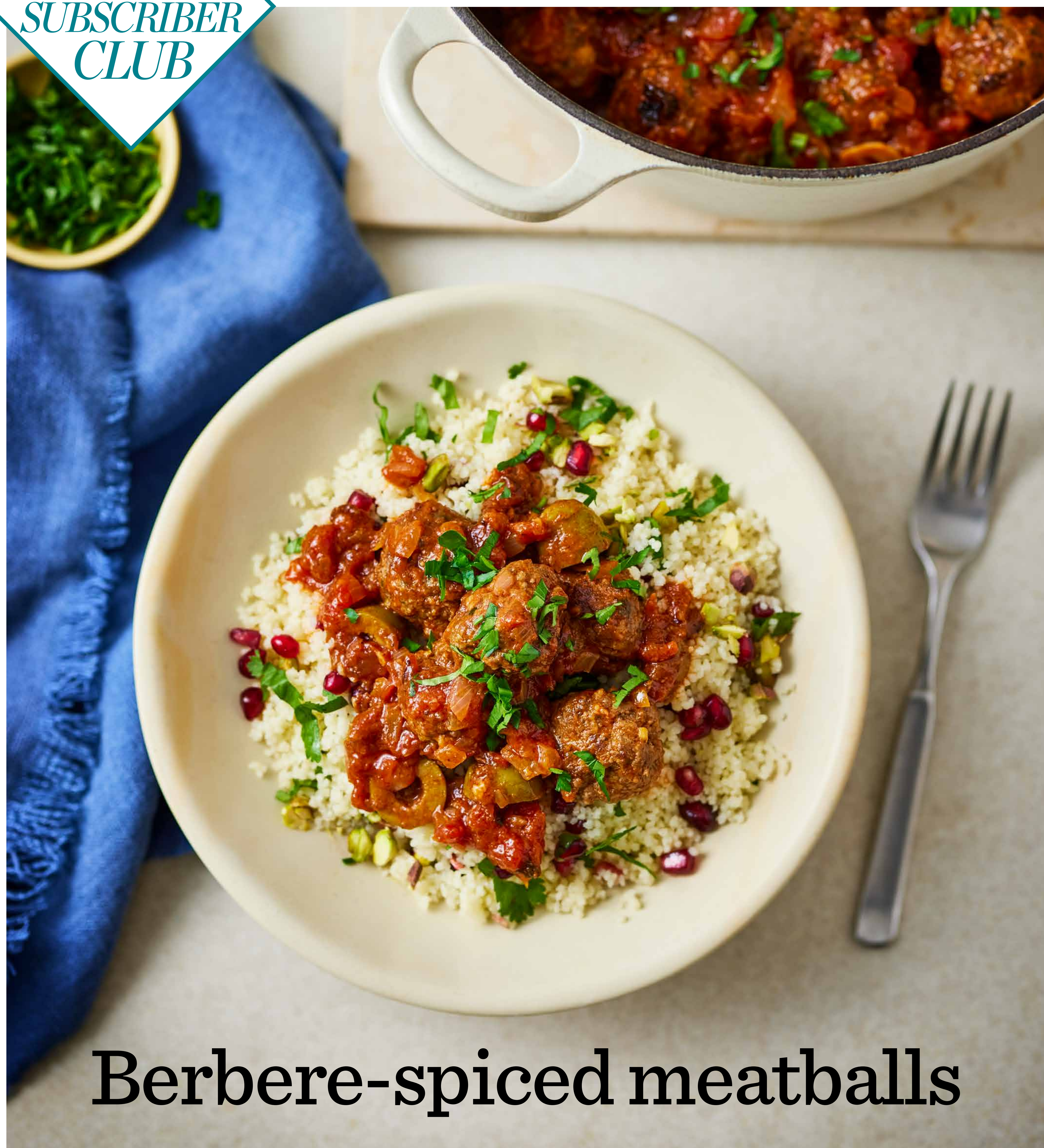




Exclusive recipe



Berbere-spiced meatballs

SERVES 4-6 **PREP** 20 mins **COOK** 50 mins **EASY** ❄️

*Hailing from Ethiopia and Eritrea, berbere is a peppery spice mix that's earthy and slightly sweet. It's paired here with beef in a tomato sauce for a warming supper on a cold day. Serve with jewelled rice or couscous. **Ailsa Burt***

500g 12% fat beef mince
1 tbsp berbere spice
1 egg, beaten
3 garlic cloves, crushed
25g dried breadcrumbs
small handful of parsley, finely chopped

For the sauce

2 tbsp vegetable oil

1 small onion, finely chopped
2 garlic cloves, sliced
50g briny olives, pitted
½ lemon, zested and juiced
400g can chopped tomatoes
1 cinnamon stick
250ml chicken stock
rice or couscous, to serve

1 Tip the mince, berbere, egg, garlic, breadcrumbs and most of the parsley into a bowl and season well. Squidge the mixture together using your hands, ensuring the meat is broken up, then roll into 30 balls and put on a plate. Chill until needed. *Will keep chilled for a day, or frozen on a tray. Once frozen solid, transfer to a container or bag to keep for up to two months. Defrost overnight in the fridge before continuing with the recipe.*

2 Drizzle half the oil into a large casserole dish and fry the meatballs for 6-8 mins until browned all over. Transfer to a plate.

3 Drizzle in the remaining oil and stir in the onion. Cook for 10 mins with a pinch of salt until softened. Stir in the garlic and cook for 2 mins. Tip in the olives, lemon zest, tomatoes, cinnamon, stock and a little lemon juice. Bring to a simmer and bubble gently for 15-20 mins. Nestle in the meatballs and cook for 15 mins until the sauce is thickened and the meatballs are cooked through. Scatter over the remaining parsley. Serve with rice or couscous, if you like.

GOOD TO KNOW 1 of 5-a-day

PER SERVING (6) 274 kcals • fat 16g • saturates 5g • carbs 7g • sugars 4g • fibre 2g • protein 25g • salt 0.8g