

The **JAMIE OLIVER**
COOKERY
SCHOOL

KIDS — MAD ABOUT MEATBALLS

Roll up your own beef meatballs and cook them with a sun-dried tomato stew and couscous. Serve them up with fresh tzatziki.



KIDS — MAD ABOUT MEATBALLS

SERVES
1

Ingredients

1 teaspoon coriander seeds
1 teaspoon cumin seeds
80g minced beef
½ an onion
1 sprig fresh parsley
1 slice stale bread

Stew

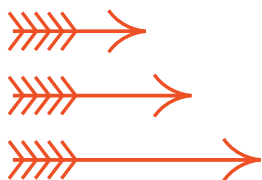
3 black olives
1 clove of garlic
2 sun-dried tomatoes with oil
1 pinch dried oregano
optional: 1 teaspoon dried chilli flakes
½ a red onion
¼ red pepper
¼ yellow pepper
100g tinned plum tomatoes
35g chickpeas

Couscous

60g couscous
2 red cherry tomatoes
2 yellow cherry tomatoes
2 spring onions
2 sprigs fresh parsley
1 sprig fresh mint
1 lemon
extra virgin olive oil
2 teaspoons pine nuts
20g feta cheese

Method

1. To make the meatballs, make a spice mix by grinding the coriander and cumin seeds in a pestle and mortar.
2. Put the minced beef in a bowl with a pinch of sea salt and black pepper. Add 1 teaspoon of the spice mix, leaving the remainder in the pestle and mortar for later.
3. Peel and finely chop the onion, finely chop the parsley, tear up the stale bread and add to bowl. Mix well.
4. With lightly oiled hands roll the mixture into 8 small balls.
5. Carefully brown the meatballs on all sides in a hot pan.
6. Meanwhile, to make the stew squish the olives and discard the stones, peel the garlic and rip up the sun-dried tomatoes. Put in the pestle and mortar with the remaining spice mix and smash into a paste. Mix in 2 teaspoons of sun-dried tomato oil, oregano and chilli flakes, if using.
7. Peel and slice the red onion, dice the peppers and add to the pan with the meatballs. Cook for 3 minutes then add the sun-dried tomato paste and cook for a further 1 minute before adding the tinned tomatoes, drained chickpeas and 200ml water.
8. Bring the sauce to the boil then reduce to a simmer and cook for 15 minutes, or until the meatballs are firm to the touch and cooked through.
9. Meanwhile, put the couscous in a bowl and pour over 100ml of boiling water, then seal with clingfilm and leave to absorb for 10 minutes.
10. Once all the water has been absorbed, quarter the cherry tomatoes, thinly slice the spring onion, pick and chop the parsley and mint leaves, leaving some to garnish, and add to the bowl, grate in the zest of half a lemon and squeeze in the juice, drizzle in some extra virgin olive oil, and mix well.
11. Put the couscous into a big serving bowl and pour the meatballs and sauce on top. Garnish with the pine nuts, crumbled feta and the remaining herbs. Serve with tzatziki in ramekins on the side.



TZATZIKI

Ingredients

5cm piece of cucumber
1 sprig fresh mint
2 tablespoons natural yoghurt

Method

1. Grate the cucumber on the wide setting of a box grater into a bowl.
2. Pick and rip the mint leaves and add to the bowl, spoon over the yoghurt and add pinch of sea salt. Mix together.