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# A Cook's Companion

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## **Moroccan Meatball Tagine**

*Serves 4*

This tagine brings a new savory twist to meatballs - complete with warming spices, fresh herbs and a rich saffron-tomato sauce. A popular dish in Morocco, you can make these meatballs with lamb or beef, or a combination of both meats.

### ***Meatball Ingredients:***

1 lb ground beef  
1/2 onion, finely minced  
1 tbsp fresh parsley, minced  
1 tbsp fresh cilantro, minced  
1 tsp cumin  
1 tsp kosher salt  
1/2 tsp cinnamon  
1/4 tsp freshly ground black pepper  
1/2 tsp cayenne  
1 tsp red chile flakes  
1/2 cup Panko breadcrumbs

### ***For Browning Meatballs:***

2 tbsp butter  
1 tbsp olive oil

### ***Saffron-Tomato Sauce Ingredients:***

1/2 onion, diced  
2 cloves garlic, minced  
28 oz can diced tomatoes  
2 tbsp tomato paste  
1 large pinch saffron  
1/4 tsp paprika  
1/4 tsp cumin  
1/2 tsp salt  
1/4 tsp pepper  
1/4 tsp cayenne  
1 bay leaf

### ***Garnish Ingredients:***

4 eggs  
fresh parsley and cilantro, chopped

### ***Directions:***

1. Mix all meatball ingredients together by hand in a large bowl until combined. Roll meatballs into quarter-sized balls.
2. On the stovetop, in a medium to large-sized tagine (or dutch oven), heat butter and olive oil on medium heat until sizzling. Carefully place a single layer of meatballs in tagine, slowly turning until each meatball is browned on every side, then remove from pan and set aside. Brown meatballs in several batches, one single layer at a time.
3. Once meatballs are all done, start the sauce in the tagine. Add another tablespoon of butter (if needed) then add onions and sauté until translucent. Add garlic and spices, and continue to cook until fragrant.
4. Add diced tomatoes and tomato paste, and stir. Cover with tagine lid, and bring sauce to a simmer, then add browned meatballs. Keep heat on low, and tagine covered, and simmer for 30-35 minutes until meatballs are fully cooked through.
5. Once meatballs are cooked, carefully crack 4 eggs around to top of the stew. Cover and continue simmering on low until eggs are just set, but yolks are still runny. Check at the 10 minute mark, and then continue cooking until eggs are cooked to your liking.
6. Garnish with fresh parsley and cilantro. Serve hot with warm bread (or pita), over couscous, rice or noodles.