

# Harissa meatball wraps

**Cook time: 30 mins**

**Serves 4**

## Ingredients

- 500 g minced beef
- 1 x 250 g sachet of cooked grains or lentils
- 1 lemon
- 1 bunch of fresh flat-leaf parsley , (30g)
- 3 teaspoons harissa
- 350 g red cabbage
- 1 small red onion
- 1 red apple
- 4 tablespoons natural yoghurt
- olive oil
- 4 wholemeal tortilla
- pickled chillies , optional

## Directions

1. Place 500g minced beef and 1 x 250g sachet of cooked grains or lentils into a food processor, finely grate in the zest of 1 lemon, and tear in ½ a bunch of fresh flat-leaf parsley (15g).
2. Add 2 teaspoons of harissa and a good pinch of sea salt and black pepper, then blitz to combine.
3. On a large sheet of greaseproof paper, split the mixture into 24 pieces and, with wet hands, roll into balls.
4. Trim and finely slice 350g of red cabbage and peel and finely slice 1 small red onion, then place in a bowl with the juice of ½ a lemon and a pinch of salt and pepper. Scrunch together well.
5. Slice the apple into matchsticks and pick the leaves from ½ a bunch of fresh flat-leaf parsley (15g), then add to the bowl and toss together.
6. Place 16 meatballs (freeze the rest for another day) into a large non-stick frying pan on a medium heat with 1 tablespoon of olive oil and fry for 7 minutes, or until golden and cooked through, turning occasionally.
7. Meanwhile, ripple 1 teaspoon of harissa through 4 tablespoons of natural yoghurt.
8. Warm 4 tortilla through, then serve alongside the pan of meatballs (4 per per portion), slaw, harissa yoghurt and pickled chillies (if using), then let everyone build and roll up their own.

**Enjoy!**

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