MOROCCAN · LUNCH · DINNER

Moroccan Kefta Tagine (Meatballs in Tomato Sauce)

طاجين الكفتة بصلصة الطماطم

40 min · Serves 4 · 507 kcal a serve · Video 5:00 in Arabic · Chef Nadia الشيف نادية

Gluten-free ingredients · No dairy listed · No nuts listed

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About 39 g protein and 8.5 g net carbs a serve: beef meatballs simmered in a fresh tomato and onion sauce, with no flour or breadcrumbs.

Diet notes: Low carb (8.5 g net carbs) but not keto: 60% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

Ingredients 13 · SERVES 4

- [ ] 750 g minced **beef** (kefta)
- [ ] 3 large **tomatoes**, cut into small cubes
- [ ] 1 medium **onion**, finely diced
- [ ] 2 tbsp **tomato paste**
- [ ] 3 tbsp chopped **flat-leaf parsley**
- [ ] 1½ tbsp (about 25 ml) **olive oil** (half of ½ small glass of mixed oils)
- [ ] 1½ tbsp (about 25 ml) **vegetable oil** (the other half of the oil mix)
- [ ] about 100 ml **water** (1 small glass)
- [ ] 1 tsp **sweet paprika** (tahmira)
- [ ] 1 tsp **black pepper** (lebzar)
- [ ] 1 tsp **ground cumin**
- [ ] 1 tsp **ground ginger** (skinjbir)
- [ ] 1 tsp **salt**

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the mixed oils in a tagine or wide pan and fry the diced onion until soft. 1:00
2. Meanwhile, mix the mince with half of all the spices and half the parsley until well combined. 1:18
3. Spread the diced tomatoes over the onions. 2:10
4. Dissolve the tomato paste in the water and pour it over, add the remaining parsley (keep a spoonful for garnish) and the rest of the spices, and stir. 2:24
5. Cover and simmer 10 minutes over medium heat, stirring now and then, while you roll the meat into small, even balls. 3:32
6. Arrange the meatballs over the sauce, cover and cook on low heat for 15 minutes. Scatter with the reserved parsley. 4:24

> **Tip** Moroccans scoop it up with khobz bread; a crisp salad or roast vegetables keep it low-carb. Many cooks crack 4 eggs into the sauce for the last 5 minutes. Serves 4 is our estimate.

The method is a summary in our words, in English — the video (in Arabic) shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
507 kcal	39 g	12 g	3.1 g	34 g	700 mg
2,120 kJ	78% of a day	8.5 g net · 6.2 g sugars 4% of a day	11% of a day	9.6 g saturated 43% of a day	30% of a day

Energy from net carbs 7% · protein 31% · fat 62% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 155% · Zinc 85% · Vitamin K 60% · Selenium 57% · Omega-3 46% · Vitamin B6 43% · Vitamin C 30% · Iron 29% · Vitamin E 22% · Potassium 20%

Source of (10–19%) Magnesium 14% · Folate 12% · Vitamin A 10%

Recipe and video: Chef Nadia الشيف نادية (@Chefnadia1) on YouTube — youtube.com/watch?v=jwAYdxnSjD0, published 2 June 2014. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/moroccan-kefta-tagine-tomato