

WHOLE SPELLED COUSCOUS WITH CHICKEN MEATBALLS AND SPINACH

2 persons / 518 kcal per person

Ingredients:

- 10 grams of fresh celery
- 150 grams of minced chicken natural
- 1¼ tablespoon of olive oil
- ½ zucchini
- 1 clove of garlic
- 200 grams of fresh leaf spinach
- 130 grams of whole spelled couscous
- ½ tablespoon of curry powder
- 200 ml of boiling water



Preparation:

Finely chop the celery, mix with some pepper through the minced meat and shape into 3 balls per person with moist hands. Heat ¼ tbsp oil in a frying pan and fry the balls for about 10 minutes on medium heat until golden brown and done. Cut the zucchini into cubes of about 1 cm and finely chop the garlic. Heat ½ tbsp oil in a frying pan and fry the garlic for 1 minute. Add the spinach in parts and let it shrink. Season with pepper. Meanwhile, put the couscous with the curry in a bowl. Pour over the water, stir and let stand covered for 5 minutes. Stir with a fork and mix in the rest of the oil and the zucchini. Season with pepper and salt if desired. Serve the couscous with the spinach and meatballs.

Nutritional value per person:

Energy:	518 kcal
Protein:	27.2 grams
Carbohydrates:	49.1 grams
- including sugars:	6.8 grams
Fat:	22.2 grams
Fiber:	7.8 grams
Salt:	0.5 grams