

Thanksgiving Turkey Meatballs

500g turkey mince
1 tablespoon harissa paste
2 banana shallots, chopped
1 garlic clove, crushed
40g fresh breadcrumbs
1 medium free-range egg
200g couscous
200ml boiling water
100g smooth hummus
40g toasted pine nuts
A handful of parsley and mint, chopped
100g pomegranate seeds

In a bowl, mix the first 6 ingredients together and season with salt and pepper. Shape into 16 meatballs. Heat a splash of oil in a large non-stick frying pan, then fry the meatballs for about 10 minutes, turning occasionally, until browned and cooked through. Meanwhile, put 200g couscous in a heatproof bowl. Pour over 200ml boiling water. Put a plate on top of the bowl and set aside for 5 minutes, then fluff up with a fork. Spoon the couscous onto a platter, top with the meatballs then drizzle with 100g smooth hummus. Sprinkle with the nuts, herbs and pomegranate seeds.

