



Beef & Feta Meatballs

with Couscous Tabbouleh & Hummus Dressing

Grab your Meal Kit with this symbol



Garlic



Cucumber



Tomato



Parsley



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Feta



Vegetable Stock



Couscous



Hummus

Hands-on: **25-35 mins**
Ready in: **25-35 mins**

The flavours of the Middle East are always a winner, and our tasty couscous tabbouleh and hummus dressing are a case in point. Add beef and feta meatballs to the mix and you'll be hard pressed to stop your mouth watering while you cook!

Pantry items

Olive Oil, Egg, Butter

Before you start

Our fruit and veggies need a little wash first!

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
cucumber	1 (medium)	1 (large)
tomato	2	4
parsley	1 bunch	1 bunch
lemon	½	1
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
feta	1 block (50g)	1 block (100g)
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 sachet	2 cubes
couscous	1 packet	2 packets
hummus	1 packet (100g)	1 packet (200g)
water* (for the dressing)	4 tsp	2½ tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3160kJ (756Cal)	583kJ (139Cal)
Protein (g)	44.5g	8.2g
Fat, total (g)	38.9g	7.2g
- saturated (g)	15.8g	2.9g
Carbohydrate (g)	53.7g	9.9g
- sugars (g)	8.9g	1.6g
Sodium (g)	1620mg	299mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Roughly chop the **cucumber** and **tomato**. Roughly chop the **parsley** (reserve a few leaves for garnish). Zest the **lemon** (see ingredients list) to get a **good pinch**.



4. Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and crumbled **vegetable stock** and bring to the boil. Add the **lemon zest, couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



2. Make the meatballs

In a large bowl, combine the **beef mince, chermoula spice blend, egg, fine breadcrumbs** (see ingredients list), the **salt** and **1/3** of the **garlic**. Crumble in the **feta** and mix well. Using damp hands, take a heaped spoonful of the **beef mixture** and shape into a small meatball. Transfer to a plate and repeat with the **remaining mixture**. You should get 5-6 meatballs per person.



5. Make the tabbouleh

Add the **cucumber, tomato**, chopped **parsley**, a **squeeze of lemon juice** and a **pinch of salt and pepper** to the **couscous** in the saucepan and stir to combine. In a small bowl, combine the **hummus, a good squeeze of lemon juice** and the **water (for the dressing)**. Season to taste with **salt and pepper**.



3. Cook the meatballs

Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **meatballs** and cook, turning regularly, until browned and cooked through, **8-10 minutes**.



6. Serve up

Divide the couscous tabbouleh between bowls and top with the beef and feta meatballs. Drizzle with the hummus dressing and garnish with the reserved parsley leaves.

Enjoy!