

Lebanese Beef & Fetta Meatballs

with Couscous Tabbouleh & Hummus Dressing

Grab your Meal Kit with this symbol



Garlic



Tomato



Baby Spinach Leaves



Parsley



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Fetta Cubes



Vegetable Stock



Couscous



Hummus

 Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Get a load of this meal that's brimming with colour and flavour! With a herb-packed tabbouleh, mildly spiced beef meatballs and a creamy hummus dressing, all the elements come together for a delightful explosion of taste.

Pantry items

Olive Oil, Egg, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bag	1 bag
lemon	½	1
beef mince	1 small packet	1 medium packet
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
hummus	1 tub (100g)	1 tub (200g)
water* (for the dressing)	1 tbs	2 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3466kJ (828Cal)	795kJ (190Cal)
Protein (g)	47.3g	10.8g
Fat, total (g)	45.9g	10.5g
- saturated (g)	17.4g	4g
Carbohydrate (g)	52.9g	12.1g
- sugars (g)	7.5g	12.1g
Sodium (mg)	1868mg	428mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Finely chop the **garlic**. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Roughly chop the **parsley**. Zest the **lemon** to get a good pinch and slice into wedges.



Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium-high heat. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, the **salt**, **egg**, **fine breadcrumbs** and 1/3 of the **garlic**. Crumble in the **fetta cubes** and mix well. Using damp hands, shape heaped spoonfuls of the beef mixture into meatballs and set aside on a plate. You should get 4-5 meatballs per person.



Finish the couscous

Add the **tomato**, **baby spinach**, **parsley** and **lemon zest** to the **couscous** 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.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the meatballs, turning, until browned and cooked through, **8-10 minutes**.



Serve up

Divide the couscous tabbouleh between plates and top with the Lebanese meatballs. Drizzle with the hummus dressing. Serve with any remaining lemon wedges.

Enjoy!