



# Beef Koftas

with Couscous & Harissa Yoghurt

**Family** Hands On Time: 30 Minutes • Total Time: 45 Minutes • Little Heat • 2.5 of your 5 a day

8



Red Onion



Bell Pepper



Lemon



Mint



Garlic Clove



Baby Plum Tomatoes



Natural Yoghurt



Harissa Paste



Beef Mince



Panko Breadcrumbs



Chicken Stock Powder



Couscous

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Three Bowls, Saucepan with Lid and Frying Pan.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Lemon**	1	1	2
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Natural Yoghurt 7)**	75g	150g	150g
Harissa Paste	1 sachet	1½ sachets	2 sachets
Beef Mince**	240g	360g	480g
Panko Breadcrumbs 13)	10g	20g	25g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Couscous*	240ml	360ml	480ml
Couscous 13)	120g	180g	240g
Olive Oil for the Dressing**	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	539g	100g
Energy (kJ/kcal)	3157 / 755	586 / 140
Fat (g)	35	7
Sat. Fat (g)	10	2
Carbohydrate (g)	69	13
Sugars (g)	19	4
Protein (g)	37	7
Salt (g)	1.38	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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## 1 Prep

Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks. Zest and halve the **lemon**. Pick the **mint leaves** from the **stalks** and finely chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Halve the **baby plum tomatoes** and put them in a bowl. Mix the **yoghurt** with **half** of the **harissa paste** and set side.



## 2 Kofta Time

Place the **beef**, **panko breadcrumbs**, remaining **harissa** and **half** the **garlic** into a bowl. Season with **salt** and **pepper** and use your hands to combine thoroughly. Shape into 4 cylinder shaped meatballs per person. **IMPORTANT: Wash your hands after handling raw meat.**



## 3 Cook the Couscous

Heat a splash of **oil** in a medium saucepan over a medium heat. When hot, add the **onion** and **pepper** and cook until soft and starting to brown, 5-6 mins. Once softened, add the remaining **garlic** and cook for 1 minute. Stir in the **chicken stock powder** and **water** (see ingredients for amount). Bring to the boil, remove from the heat, stir in the **couscous** and pop a lid on the pan. Remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



## 4 Cook the Koftas

Meanwhile, heat a splash of **oil** in a large frying pan on a medium-high heat. When hot, add the **koftas**. Fry, turning frequently, until evenly browned all over, 15-20 mins. **TIP: Cook the koftas in batches if necessary to avoid overcrowding the pan.** **IMPORTANT: The koftas are cooked when they're no longer pink in the middle.**



## 5 Season Couscous

Once cooked, fluff up the **couscous** with a fork. Add the **lemon zest**, **half** the **mint** and a squeeze of **lemon juice**. Taste and season with **salt** and **pepper** if needed. Add the remaining **mint** to the bowl with the **baby plum tomatoes** and **oil** (see ingredients for amounts). Season with **salt** and **pepper**.



## 6 Time to Serve

Divide the **couscous** between your plates and top with the **beef koftas**. Dollop over the **harissa yoghurt** and serve with the **tomato and mint salad** on the side.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.