



# Beef Koftas & Tabbouleh Couscous

with Hummus & Flaked Almonds

Grab your Meal Kit with this symbol



Carrot



Garlic



Chicken-Style Stock Powder



Couscous



Currants



Tomato



Baby Spinach Leaves



Parsley



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Flaked Almonds



Hummus

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

These koftas are handy parcels of flavour, with tender mince, mild spices and a smattering of almonds to add extra texture. Paired with a veggie-packed couscous tabbouleh and hummus, this is a Middle Eastern feast to remember.

### Pantry items

Olive Oil, Butter, Egg

## 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

Medium saucepan with a lid · Large frying pan

### Ingredients

|                            | 2 People        | 4 People        |
|----------------------------|-----------------|-----------------|
| olive oil*                 | refer to method | refer to method |
| carrot                     | 1               | 2               |
| garlic                     | 2 cloves        | 4 cloves        |
| butter*                    | 20g             | 40g             |
| water*                     | ¾ cup           | 1½ cups         |
| chicken-style stock powder | 1 sachet        | 1 sachet        |
| couscous                   | 1 packet        | 2 packets       |
| currants                   | ½ packet        | 1 packet        |
| tomato                     | 1               | 2               |
| baby spinach leaves        | 1 bag (30g)     | 1 bag (60g)     |
| parsley                    | 1 bunch         | 1 bunch         |
| beef mince                 | 1 small packet  | 1 medium packet |
| chermoula spice blend      | 1 sachet        | 1 sachet        |
| egg*                       | 1               | 2               |
| fine breadcrumbs           | ½ packet        | 1 packet        |
| salt*                      | ½ tsp           | 1 tsp           |
| flaked almonds             | 1 packet        | 2 packets       |
| hummus                     | 1 packet (100g) | 1 packet (200g) |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3160kJ (755Cal) | 625kJ (149Cal) |
| Protein (g)      | 48.5g           | 9.6g           |
| Fat, total (g)   | 32.7g           | 6.5g           |
| - saturated (g)  | 12.9g           | 2.6g           |
| Carbohydrate (g) | 63.9g           | 12.6g          |
| - sugars (g)     | 19.8g           | 3.9g           |
| Sodium (mg)      | 1130mg          | 224mg          |

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the couscous

Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add **1/2** the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add the **couscous, currants** (see ingredients list) and a **drizzle of olive oil** and 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.



## 4. Cook the koftas

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the koftas and cook, turning regularly, until browned and cooked through, **11-12 minutes**.

**TIP:** The koftas are cooked when they are no longer pink inside.



## 2. Prep the veggies

While the couscous is cooking, finely chop the **tomato**. Roughly chop the **baby spinach leaves** and **parsley** leaves (reserve some leaves for garnish!).



## 5. Make the couscous tabbouleh

While the koftas are cooking, add the **tomato, baby spinach** and **parsley** to the cooked **couscous** and stir to combine. Season to taste.



## 3. Make the koftas

In a large bowl, combine the **beef mince, chermoula spice blend, egg, fine breadcrumbs** (see ingredients list), the **salt** and **remaining garlic**. Season with **pepper**. Roll the **beef mixture** into koftas (about 6cm long and 2.5cm thick) and set aside on a plate. You should get 3 koftas per person.



## 6. Serve up

Divide the couscous tabbouleh between plates and top with the beef koftas. Serve with the **hummus**. Garnish with the toasted almonds and reserved parsley.

**Enjoy!**