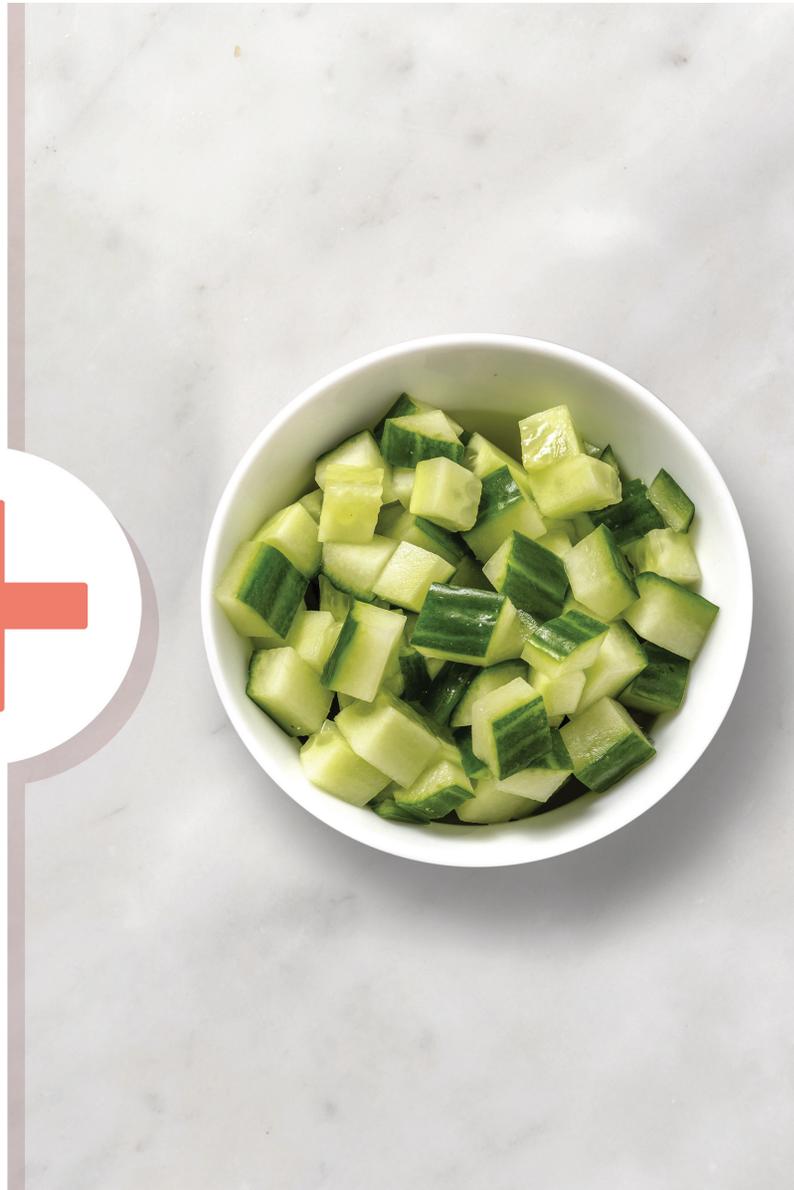


Beef Koftas & Tabbouleh Couscous

with Lemon Yoghurt & Almonds

Grab your Meal Kit with this symbol



Carrot



Garlic



Chicken-Style Stock Powder



Couscous



Currants



Tomato



Cucumber



Baby Spinach Leaves



Lemon



Greek-Style Yoghurt



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Flaked Almonds

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 yoghurt, 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 (5g) | 1 sachet (10g) |
| couscous | 1 packet | 1 packet |
| currants | ½ packet | 1 packet |
| tomato | 1 | 2 |
| cucumber | 1 (medium) | 1 (large) |
| baby spinach leaves | 1 packet (30g) | 1 packet (60g) |
| lemon | ½ | 1 |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| beef mince | 1 packet | 1 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 |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3184kJ (760Cal) | 577kJ (137Cal) |
| Protein (g) | 45.3g | 8.2g |
| Fat, total (g) | 34.3g | 6.2g |
| - saturated (g) | 15g | 2.7g |
| Carbohydrate (g) | 61.1g | 11.1g |
| - sugars (g) | 14.4g | 2.6g |
| Sodium (mg) | 1657mg | 300mg |

The quantities provided above are averages only.

Allergens

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

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



Cook the couscous

Grate the **carrot**. Finely chop the **garlic**. In a medium saucepan, melt the **butter** over a medium-high heat. Cook the **carrot**, 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) and a drizzle of **olive oil** 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.



Cook the koftas

Heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **koftas**, turning, until browned and cooked through, **10-12 minutes**.

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



Get prepped

While the couscous is cooking, finely chop the **tomato** and **cucumber**. Roughly chop the **baby spinach leaves**. Slice the **lemon** into wedges. In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**. Season with **salt** and **pepper**. Set aside.



Make the couscous tabbouleh

While the koftas are cooking, add the **tomato**, **cucumber** and **baby spinach** to the cooked **couscous** and stir to combine. Add a squeeze of **lemon juice** and season to taste.



Make the koftas

In a medium bowl, combine the **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see ingredients), the **salt** and remaining **garlic**. Season with **pepper**. Using damp hands, roll the **beef mixture** into koftas and transfer to a plate. You should get 3-4 koftas per person.



Serve up

Divide the couscous tabbouleh between plates and top with the beef koftas. Drizzle over the lemon yoghurt. Garnish with the toasted almonds. Serve with any remaining lemon wedges.

Enjoy!