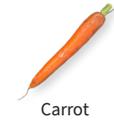


# Beef Meatballs & Roast Veggie Couscous

with Dill & Parsley Mayo

Grab your Meal Kit with this symbol



 Hands-on: 30-40 mins  
Ready in: 35-45 mins

Introduce your tastebuds to the incredible flavour of Nan's special seasoning - a combo of paprika, pepper, onion and garlic that really packs a punch. Used in these beef meatballs that sit on a bed of roasted veggies and couscous, this dish offers bags of flavour that's sure to knock your socks off.

### Pantry items

Olive Oil, 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 lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
capsicum	1	2
water* (for the couscous)	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
parsley	1 bag	1 bag
beef mince	1 small packet	1 medium packet
Nan's special seasoning	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	½ medium packet	1 medium packet
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3547kJ (848Cal)	557kJ (133Cal)
Protein (g)	47.9g	7.5g
Fat, total (g)	41.6g	6.5g
- saturated (g)	9.5g	1.5g
Carbohydrate (g)	66.6g	10.5g
- sugars (g)	27.2g	10.5g
Sodium (mg)	1087mg	171mg

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

1



## Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **carrot** into half-moons. Cut the **beetroot** and **capsicum** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.

4



## Cook the meatballs

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

2



## Cook the couscous

While the veggies are roasting, add the **water (for the couscous)** and **vegetable stock powder** to a medium saucepan. Bring to the boil. Add the **couscous** 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.

5



## Finish the sides

While the meatballs are cooking, roughly chop the **baby spinach leaves**. Add the **spinach** and **roast veggies** to the **couscous** and toss to combine. Season. In a small bowl, combine the **dill & parsley mayonnaise**, **Greek-style yoghurt** and a drizzle of **olive oil**. Season and stir to combine.

3



## Make the meatballs

While the couscous is cooking, roughly chop the **parsley**. In a large bowl, combine the **beef mince**, **Nan's special seasoning**, **egg**, **fine breadcrumbs** (see ingredients) and 1/2 the **parsley**. Season with **salt** and **pepper**. Using damp hands, shape a heaped spoonful of the **beef mixture** into a meatball. Place on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.

6



## Serve up

Divide the roast veggie couscous and beef meatballs between plates. Top with the **flaked almonds** and remaining parsley. Serve with a drizzle of the dill & parsley mixture.

## Enjoy!

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