



Chermoula Beef Meatballs

with Carrot Couscous & Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Red Onion



Carrot



Tomato



Cucumber



Baby Spinach Leaves



Mint



Chicken Stock



Couscous



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Slivered Almonds



Greek Yoghurt

Hands-on: 20 mins
Ready in: 30 mins

The key to delicious fluffy couscous is twofold: the first is to make sure the couscous is well covered for 5 minutes so that the boiling water can fully absorb and give you a fluffy result. The second is flavour, baby! Stirring butter, onion, garlic and veggies through the couscous really brings it to life.

Pantry items

Olive Oil, Butter, Eggs, White Wine Vinegar

Before you start

Our fruit and veggies need a little wash first!

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	3 cloves
red onion	1
carrot	1
tomato	2
cucumber	1
baby spinach leaves	1 bag (60g)
mint	1 bunch
butter*	40g
water*	1½ cups
chicken stock	2 cubes
couscous	2 packets
beef mince	1 packet
chermoula spice blend	2 sachets
eggs*	2
fine breadcrumbs	1 packet
salt*	½ tsp
slivered almonds	2 packets
white wine vinegar*	1 tbs
Greek yoghurt	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3200kJ (763Cal)	548kJ (131Cal)
Protein (g)	51.4g	8.8g
Fat, total (g)	32.8g	5.6g
- saturated (g)	12.8g	2.2g
Carbohydrate (g)	59.8g	10.3g
- sugars (g)	14.9g	2.6g
Sodium (g)	1250mg	215mg

Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Finely chop the **red onion**. Grate the **carrot** (unpeeled). Roughly chop the **tomato**. Finely chop the **cucumber**. Roughly chop the **baby spinach leaves**. Pick and finely chop the **mint leaves**.



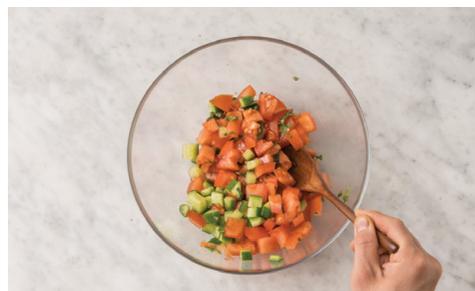
4. Cook the meatballs

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **meatballs** and cook, turning often, until browned and cooked through, **8-10 minutes**.



2. Cook the couscous

In a large saucepan, melt the **butter** with a **drizzle of olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **carrot** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** cubes. Bring to the boil. Add the **couscous** and stir to combine, then cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



5. Finish the sides

Fluff the **couscous** with a fork and stir through the **baby spinach**. In a medium bowl, combine the **tomato, cucumber, white wine vinegar, a drizzle of olive oil** and **remaining mint**. Season with **salt** and **pepper** and toss to coat.



3. Make the meatballs

While the couscous is cooking, combine the **beef mince, chermoula spice blend, eggs, fine breadcrumbs, salt, a pinch of pepper** and **1/2 the mint** in a large bowl. 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 carrot couscous between plates and top with the chermoula beef meatballs and tomato-cucumber salsa. Top with a dollop of **Greek yoghurt** and the slivered almonds.

Enjoy!