

# 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-Style Stock Powder



Couscous



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Slivered Almonds



Yoghurt

 Hands-on: 20-30 mins  
Ready in: 30-40 mins

Get a load of this meal that's brimming with colour and flavour. With a fluffy (and sneaky) carrot couscous as the base for mildly spiced beef meatballs and a refreshing tomato salsa, all the elements come together for a delightful explosion of taste!

### Pantry items

Olive Oil, Butter, Egg, White Wine Vinegar

## 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

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
red onion	½	1
carrot	½	1
tomato	1	2
cucumber	1 (medium)	1 (large)
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)
mint	1 bunch	1 bunch
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
beef mince	1 medium packet	1 large packet
chermoula spice blend	1 sachet	1 sachet
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
slivered almonds	1 packet	2 packets
white wine vinegar*	2 tsp	1 tbs
yoghurt	1 small packet	1 large packet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3110kJ (742Cal)	545kJ (130Cal)
Protein (g)	50.2g	8.8g
Fat, total (g)	33.4g	5.9g
- saturated (g)	12.5g	2.2g
Carbohydrate (g)	55.5g	9.7g
- sugars (g)	12.8g	2.2g
Sodium (mg)	881mg	154mg

## Allergens

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

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



## Get prepped

Finely chop the **garlic**. Finely chop the **red onion** (see ingredients). Grate the **carrot** (see ingredients), unpeeled. Roughly chop the **tomato**. Finely chop the **cucumber**. Roughly chop the **baby spinach leaves**. Pick and finely chop the **mint** leaves.



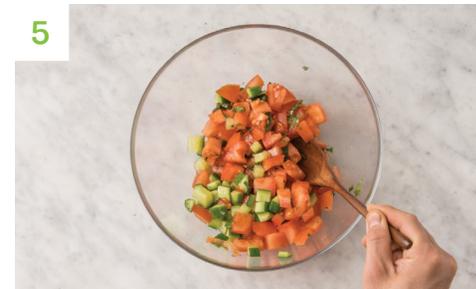
## Cook the meatballs

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



## 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 until softened, **4-5 minutes**. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**.



## Finish the sides

Fluff the **couscous** up 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 the remaining **mint**. Season to taste and toss to coat.



## Make the meatballs

While the couscous is cooking, combine the **beef mince, chermoula spice blend, egg, fine breadcrumbs** (see ingredients), the **salt** and **1/2 the mint** in a large bowl. Season with **pepper**. Using damp hands, shape a heaped spoonful of the **beef mixture** into a meatball. Set aside on a plate and repeat with the remaining **mixture**. You should get 5-6 meatballs per person.



## Serve up

Divide the couscous between plates. Top with the meatballs and tomato-cucumber salsa. Serve with the **yoghurt** and sprinkle with the toasted almonds.

## Enjoy!