

# Harissa Beef Meatballs & Garlic Yoghurt

with Roast Veggie Couscous & Almonds

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Onion



Flaked Almonds



Couscous



Vegetable Stock Powder



Garlic



Harissa Paste



Fine Breadcrumbs



Baby Spinach Leaves



Herbs



Beef Mince



Greek-Style Yoghurt

Prep in: 25-35 mins  
Ready in: 30-40 mins

Explore a fusion like no other – beef meatballs cooked in an aromatic harissa paste. When they come together with a fluffy couscous, tossed through with roasted veggies like carrot and cauliflower and cooled off with a hit of garlic yoghurt you'll be pleasantly surprised how the flavours meld together in the most exquisite way.

### Pantry items

Olive Oil, Honey, 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                            | 2 People         | 4 People         |
|----------------------------|------------------|------------------|
| <b>olive oil*</b>          | refer to method  | refer to method  |
| carrot                     | 1                | 2                |
| cauliflower                | 1 portion (200g) | 1 portion (400g) |
| onion                      | 1 (medium)       | 1 (large)        |
| flaked almonds             | 1 packet         | 2 packets        |
| couscous                   | 1 packet         | 1 packet         |
| vegetable stock powder     | 1 medium sachet  | 1 large sachet   |
| <b>boiling water*</b>      | ¾ cup            | 1½ cups          |
| garlic                     | 3 cloves         | 6 cloves         |
| Greek-style yoghurt        | 1 medium packet  | 1 large packet   |
| beef mince                 | 1 medium packet  | 1 large packet   |
| harissa paste              | 1 medium packet  | 1 large packet   |
| fine breadcrumbs           | 1 packet         | 1 packet         |
| <b>honey*</b>              | ½ tbs            | 1 tbs            |
| baby spinach leaves        | 1 small bag      | 1 medium bag     |
| <b>white wine vinegar*</b> | drizzle          | drizzle          |
| herbs                      | 1 bag            | 1 bag            |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2901kJ (693Cal) | 552kJ (131Cal) |
| Protein (g)      | 44.4g           | 8.4g           |
| Fat, total (g)   | 24.8g           | 4.7g           |
| - saturated (g)  | 9.7g            | 1.8g           |
| Carbohydrate (g) | 71.8g           | 13.7g          |
| - sugars (g)     | 18.3g           | 3.5g           |
| Sodium (mg)      | 1062mg          | 202mg          |

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

## We're here to help!

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2022 | CW30



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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **carrot** into half-moons. Cut **cauliflower** (including the stalk) into small florets. Slice **onion** into wedges.
- Place **cauliflower**, **carrot** and **onion** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender and brown around the edges, **20-25 minutes**.
- When veggies have **3 minutes** remaining, add **flaked almonds** to one side of the tray and bake until golden.

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## Make the meatballs

- In a medium bowl, combine **beef mince**, **harissa paste**, **fine breadcrumbs**, remaining **garlic** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the **honey** and a splash of **water**, tossing to coat.

**TIP:** Harissa paste helps to bind the meatballs!

**TIP:** The meatballs will char slightly in the pan, this adds to the flavour!

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## Cook the couscous

- While the veggies are roasting, boil the kettle.
- Place **couscous** and **vegetable stock powder** in a medium heatproof bowl. Add the **boiling water** and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

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## Bring it all together

- To the bowl with the couscous, add **roasted veggies**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine and season to taste.

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## Make the garlic yoghurt

- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and combine. Season to taste and set aside.

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## Serve up

- Divide roast veggie couscous between bowls. Top with harissa beef meatballs and garlic yoghurt.
- Garnish with flaked almonds and tear over **herbs** to serve. Enjoy!

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