



# Beef & Fetta Meatballs

with Couscous Tabbouleh & Hummus Dressing

Grab your Meal Kit with this symbol



Garlic



Cucumber



Tomato



Parsley



Carrot



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Fetta



Vegetable Stock



Couscous



Hummus

Hands-on: **25-35** mins  
Ready in: **25-35** mins

The flavours of the Middle East are always a winner, and our tasty couscous tabbouleh and hummus dressing are a case in point. Add beef and fetta meatballs to the mix and you'll be hard pressed to stop your mouth watering while you cook!

### Pantry items

Olive Oil, Egg, Butter



## 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 frying pan · Medium saucepan with a lid

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
cucumber	1	2
tomato	1	2
parsley	1 bag	1 bag
carrot	½	1
lemon	½	1
beef mince	1 small packet	1 medium packet
chermoula spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
fetta	1 block (50g)	1 block (100g)
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
hummus	1 tub (100g)	1 tub (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3467kJ (828Cal)	689kJ (164Cal)
Protein (g)	46.8g	9.3g
Fat, total (g)	46.4g	9.2g
- saturated (g)	17.7g	3.5g
Carbohydrate (g)	51.7g	10.3g
- sugars (g)	10.2g	2g
Sodium (mg)	1659mg	330mg

### Allergens

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

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



## 1. Get prepped

Finely chop the **garlic** (or use a garlic press). Finely chop the **cucumber** and **tomato**. Roughly chop the **parsley** leaves. Grate the **carrot** (see **ingredients list**). Zest the **lemon** to get a **good pinch**, then cut in half.



## 4. Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium heat. Add the **carrot** and cook until softened, **2-3 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water** and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and bring to the boil. Add the **lemon zest**, **couscous** and a **drizzle of olive oil**. 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.



## 2. Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see **ingredients list**), the **salt** and **1/2** of the **garlic**. Crumble in **1/2** the **fetta** and mix well. Using damp hands, take a heaped spoonful of mixture and shape into a small meatball. Transfer to a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



## 3. Cook the meatballs

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



## 5. Make the tabbouleh

Add the **cucumber**, **tomato**, **parsley**, a **squeeze of lemon juice** and a **pinch of salt and pepper** to the **couscous** and stir to combine. In a small bowl, combine the **hummus**, a **good squeeze of lemon juice** and a **splash of water**. Season to taste.



## 6. Serve up

Divide the couscous tabbouleh between plates and top with the beef and fetta meatballs. Drizzle with the hummus dressing and crumble over the remaining fetta to serve.

**Enjoy!**