



# Lebanese Beef & Fetta Meatballs

with Couscous Tabbouleh & Hummus Dressing

Grab your Meal Kit  
with this symbol



Garlic



Tomato



Baby Spinach  
Leaves



Parsley



Lemon



Beef Mince



Chermoula  
Spice Blend



Fine Breadcrumbs



Fetta



Vegetable Stock



Couscous



Hummus



Hands-on: **25-35** mins  
Ready in: **35-45** mins

Get a load of this meal that's brimming with colour and flavour! With a herb-packed tabbouleh, mildly spiced beef meatballs and a creamy hummus dressing, all the elements come together for a delightful explosion of taste.

## Pantry items

Olive Oil, Egg, Butter



## Before you start

Our fruit and veggies need a little wash first!

### You will need

Large frying pan · Medium saucepan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bag	1 bag
lemon	½	1
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 packet	2 packets
fetta	1 block (50g)	1 block (100g)
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
hummus	1 tub (100g)	1 tub (200g)
water* (for the dressing)	1 tbs	2 tbs

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3190kJ (762Cal)	757kJ (181Cal)
Protein (g)	44.7g	10.6g
Fat, total (g)	39.0g	9.3g
- saturated (g)	15.9g	3.8g
Carbohydrate (g)	55.6g	13.2g
- sugars (g)	6.8g	1.6g
Sodium (g)	1670mg	397mg

### 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 **tomato**. Roughly chop the **baby spinach leaves**. Roughly chop the **parsley**. Zest the **lemon** (see ingredients list) to get a **good pinch**.



### 2. Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, the **salt**, **egg**, **fine breadcrumbs** and **1/3** of the **garlic**. Crumble in the **fetta** and mix well. Using damp hands, shape heaped spoonfuls of the **beef mixture** into meatballs and set aside on a plate. You should get 4-5 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 often, until browned and cooked through, **8-10 minutes**.



### 4. Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium-high heat. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



### 5. Finish the couscous

Add the **tomato**, **baby spinach**, **parsley** and **lemon zest** to the saucepan with the **couscous** and stir to combine. In a small bowl, combine the **hummus**, a **good squeeze** of **lemon juice** and the **water (for the dressing)**. Season to taste with **salt** and **pepper**.



### 6. Serve up

Divide the couscous tabbouleh between plates and top with the Lebanese meatballs. Drizzle with the hummus dressing. Serve with any remaining lemon wedges.

**Enjoy!**