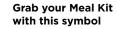
Lebanese Beef & Fetta Meatballs

with Couscous Tabbouleh & Hummus Dressing















Baby Spinach Leaves







Lemon







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

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	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	1/2	1
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	2 sachets
salt*	1/4 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



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!