

Beef Koftas & Couscous Tabbouleh

with Lemon Yoghurt

Grab your Meal Kit with this symbol



Garlic



Chicken Stock



Couscous



Currants



Tomato



Cucumber



Parsley



Walnuts



Lemon



Greek Yoghurt



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs

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

These koftas are handy parcels of flavour, with tender beef mince, mild spices and garlic. Paired with a veggie-packed couscous tabbouleh, toasted walnuts and lemon yoghurt, this is a Middle Eastern feast to remember.

Pantry items

Olive Oil, Butter, Egg

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

Medium 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
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
currants	1 packet	2 packets
tomato	2	4
cucumber	1	2
parsley	1 bag	1 bag
walnuts	1 packet	2 packets
lemon	½	1
Greek yoghurt	1 packet (100g)	1 packet (200g)
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*	½ tsp	1 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3304kJ (789Cal)	637kJ (152Cal)
Protein (g)	46.1g	8.9g
Fat, total (g)	39g	7.5g
- saturated (g)	13.9g	2.7g
Carbohydrate (g)	58.8g	11.3g
- sugars (g)	18.7g	3.6g
Sodium (mg)	1516mg	292mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Cook the couscous

Finely chop the **garlic**. In a medium saucepan, melt the **butter** over a medium-high heat. Add 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous**, **currants** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork and set aside to cool slightly.



Cook the koftas

Heat a large frying pan over a medium-high heat. Add the **walnuts** and toast until golden, **3-4 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a drizzle of **olive oil**. Add the **koftas** and cook, turning, until browned and cooked through, **11-12 minutes**.

TIP: The koftas are cooked when they are no longer pink inside.



Get prepped

While the couscous is cooking, roughly chop the **tomato** and **cucumber**. Roughly chop the **parsley** leaves (reserve some leaves for garnish!). Roughly chop the **walnuts**. Cut the **lemon** into wedges. In a small bowl, combine the **Greek yoghurt** and a squeeze of **lemon juice**. Season to taste and set aside.



Make the couscous tabbouleh

While the koftas are cooking, add the **tomato**, **cucumber**, **parsley** and a squeeze of **lemon juice** to the **couscous** and stir to combine. Season to taste.



Make the koftas

In a large bowl, combine the **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see ingredients), the **salt** and the remaining **garlic**. Season with **pepper**. Roll the **beef mixture** into koftas (about 6cm long and 2.5cm thick). You should get 3 koftas per person.



Serve up

Divide the couscous tabbouleh between plates and top with the beef koftas. Serve with the lemon yoghurt and garnish with the walnuts and the reserved parsley.

Enjoy!