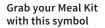


Beef Koftas & Couscous Tabbouleh

with Yoghurt & Walnuts















Currants

Couscous





Cherry/Snacking Tomatoes







Chermoula Spice



Fine Breadcrumbs



Beef Mince



Greek-Style Yoghurt

Prep in: 20-30 mins Ready in: 30-40 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 tangy 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1/2	1	
butter*	20g	40g	
water*	3⁄4 cup	1 ½ cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
currants	1 medium packet	1 large packet	
cherry/snacking tomatoes	1 punnet	2 punnets	
garlic	2 cloves	4 cloves	
parsley	1 bag	1 bag	
walnuts	1 medium packet	1 large packet	
beef mince	1 small packet	1 medium packet	
chermoula spice blend	1 medium sachet	1 large sachet	
egg*	1	2	
fine breadcrumbs	½ medium packet	1 medium packet	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3025kJ (723Cal)	715kJ (171Cal)
Protein (g)	43.2g	10.2g
Fat, total (g)	35.4g	8.4g
- saturated (g)	13.6g	3.2g
Carbohydrate (g)	56g	13.2g
- sugars (g)	13.5g	3.2g
Sodium (mg)	1672mg	395mg

The quantities provided above are averages only.

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

- Grate carrot (see ingredients).
- In a medium saucepan, melt the butter with a drizzle of olive oil over medium-high heat. Cook carrot, stirring, until softened, 2-3 minutes.
- Add the water and chicken-style stock powder and bring to the boil. Add couscous and currants, stirring to combine. Cover with a lid and remove from heat.
- Set aside until water is absorbed, 5 minutes.
 Fluff up with a fork.



Get prepped

- While the couscous is cooking, halve cherry tomatoes.
- Finely chop **garlic**. Roughly chop **parsley** leaves (reserve some leaves for garnish!).
- Roughly chop walnuts.



Make the koftas

- In a large bowl, combine beef mince, garlic, chermoula spice blend, the egg and fine breadcrumbs (see ingredients). Season with pepper.
- Roll mixture into koftas (3-4 per person) about 6cm long and 2.5cm thick.



Cook the koftas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **koftas**, turning regularly, until browned and cooked through, **10-12 minutes**.

TIP: Cook the koftas in batches if your pan is getting crowded.



Finish the couscous

- Meanwhile, add tomato and chopped parsley to the couscous. Stir to combine.
- Season with salt and pepper to taste.



Serve up

- Divide couscous tabbouleh between plates.
- Top with beef koftas and a dollop of Greek-style yoghurt.
- Sprinkle with chopped walnuts and reserved parsley to serve. Enjoy!

