

Beef Koftas & Couscous Tabbouleh

with Yoghurt & Walnuts

Grab your Meal Kit with this symbol



Carrot



Chicken-Style Stock Powder



Couscous



Currants



Cherry/Snacking Tomatoes



Garlic



Parsley



Walnuts



Chermoula Spice Blend



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

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
butter*	20g	40g
water*	¾ 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.

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Scan here if you have any questions or concerns

2022 | CW30



1



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.

4



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.

2



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**.

5



Finish the couscous

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

3



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.

6



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!

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