

LEBANESE BEEF KOFTAS

with Jewelled Couscous & Herby Fetta Salad





Add nuts to couscous for extra crunch











Cucumber









Middle Eastern Spice Blend



Fine Breadcrumbs



Vegetable Stock







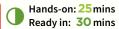


Slivered Almonds



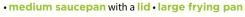


Pantry Staples: Olive Oil, Eggs



Couscous is a great side that loves to soak up flavour. We're jazzing it up tonight with flavourful stock, lemon zest and currants so it truly holds its own against these Middle Eastern-inspired beef and parsley koftas.

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:





GET PREPPEDFinely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves.
Finely chop the **cucumber** and **tomato**. Zest the **lemon** to get a **pinch**. Cut the lemon into wedges.



2 ROLL THE BEEF KOFTAS
In a medium bowl, combine the garlic,
beef mince, Middle Eastern spice blend, egg,
fine breadcrumbs (see ingredients list), the
salt and 1/2 the parsley. Using damp hands,
roll the beef mixture into koftas about 8cm
long and 2.5cm thick (you should get 3 koftas
per person).



MAKE THE COUSCOUS
In a medium saucepan, bring the water
and the crumbled vegetable stock (1/2 cube
for 2 people / 1 cube for 4 people) to the boil.
Add the couscous, currants, lemon zest and a
drizzle of olive oil and stir to combine. Cover
with a lid and remove from the heat. Set aside
for 5 minutes, or until the water has absorbed.



While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the slivered almonds and toast, tossing, for 3-4 minutes, or until golden. Transfer to a small bowl. Return the pan to a medium-high heat with a drizzle of olive oil. Add the beef koftas and cook, turning, for 2-3 minutes, or until browned all over. Reduce the heat to medium and cook for a further 6-7 minutes, or until cooked through. *TIP: The koftas are cooked when they are no longer pink inside.



MAKE THE SALAD
In a large bowl, combine the cucumber, tomato and remaining parsley. Crumble in the fetta. Drizzle with olive oil (2 tsp for 2 people / 1 tbs for 4 people), season with a pinch of salt and pepper and toss to coat. Fluff up the couscous with a fork and add the toasted slivered almonds. Season with a pinch of salt and pepper and stir to combine.



Divide the jewelled couscous, beef koftas and salad between plates. Dollop the **Greek** yoghurt over the koftas and serve with lemon wedges. *TIP: Lemon juice adds a fresh, zesty flavour to the dish, and serving with wedges lets everyone customise their meal!

ENJOY!

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
cucumber	1	2
tomato	1	2
lemon	1	2
beef mince	1 packet	1 packet
Middle Eastern spice blend	2 sachets	4 sachets
eggs*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	½ tsp	1 tsp
water*	¾ cup	1½ cups
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
currants	1 packet	2 packets
slivered almonds	1 packet	2 packets
fetta	1 block (50 g)	1 block (100 g)
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
= // //	22501/1/7700-1	
Energy (kJ)	3250kJ (776Cal)	676kJ (162Cal)
Protein (g)	53.5g	11.2g
Fat, total (g)	34.6g	7.2g
- saturated (g)	11.6g	2.4g
Carbohydrate (g)	59.0g	12.3g
- sugars (g)	15.9g	3.3g
Sodium (g)	1190mg	249mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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