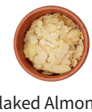
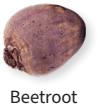


Beef Meatballs & Roast Veggie Couscous

with Dill & Parsley Mayo

Grab your Meal Kit with this symbol



Hands-on: 30-40 mins
Ready in: 35-45 mins

Introduce your tastebuds to the incredible flavour of Nan's special seasoning - a combo of paprika, pepper, onion and garlic that really packs a punch. Used in these beef meatballs that sit on a bed of roasted veggies and couscous, this dish offers bags of flavour that's sure to knock your socks off.

Pantry items

Olive Oil, 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 lid · Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------------|----------------------|-----------------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| beetroot | 1 | 2 |
| capsicum | 1 | 2 |
| water* (for the couscous) | ¾ cup | 1½ cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| couscous | 1 medium packet | 1 large packet |
| parsley | 1 bag | 1 bag |
| beef mince | 1 small packet | 1 medium packet |
| Nan's special seasoning | 1 sachet | 2 sachets |
| egg* | 1 | 2 |
| fine breadcrumbs | ½ medium packet | 1 medium packet |
| baby spinach leaves | 1 small bag (30g) | 1 medium bag (60g) |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| flaked almonds | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3547kJ (848Cal) | 557kJ (133Cal) |
| Protein (g) | 47.9g | 7.5g |
| Fat, total (g) | 41.6g | 6.5g |
| - saturated (g) | 9.5g | 1.5g |
| Carbohydrate (g) | 66.6g | 10.5g |
| - sugars (g) | 27.2g | 10.5g |
| Sodium (mg) | 1087mg | 171mg |

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **carrot** into half-moons. Cut the **beetroot** and **capsicum** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning often, until browned and cooked through, **8-10 minutes**.



Cook the couscous

While the veggies are roasting, add the **water (for the couscous)** and **vegetable stock powder** to a medium saucepan. Bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



Finish the sides

While the meatballs are cooking, roughly chop the **baby spinach leaves**. Add the **spinach** and **roast veggies** to the **couscous** and toss to combine. Season. In a small bowl, combine the **dill & parsley mayonnaise**, **Greek-style yoghurt** and a drizzle of **olive oil**. Season and stir to combine.



Make the meatballs

While the couscous is cooking, roughly chop the **parsley**. In a large bowl, combine the **beef mince**, **Nan's special seasoning**, **egg**, **fine breadcrumbs** (see ingredients) and 1/2 the **parsley**. Season with **salt** and **pepper**. Using damp hands, shape a heaped spoonful of the **beef mixture** into a meatball. Place on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



Serve up

Divide the roast veggie couscous and beef meatballs between plates. Top with the **flaked almonds** and remaining parsley. Serve with a drizzle of the dill & parsley mixture.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

