



Chermoula Beef Meatballs

with Carrot Couscous, Zingy Tomatoes & Almonds

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Tomato



Garlic Paste



Chicken-Style Stock Powder



Couscous



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Baby Spinach Leaves



Greek-Style Yoghurt



Flaked Almonds



Pork Mince

Prep in: 20-30 mins
Ready in: 25-35 mins

Bursting with colour, aroma and zest, this dish is inspired by the lively night markets of Marrakech. The chermoula-spiced meatballs work a treat with the fluffy, earthy couscous, while the refreshing salsa cuts through the richness. Serve with a dollop of yoghurt for tang and creaminess and a sprinkle of flaked almonds for crunch.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Egg, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
tomato	1	2
butter*	20g	40g
garlic paste	1 packet	2 packets
water*	¾ cup	1 ½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	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	1 medium packet	1 large packet
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
pork mince**	1 small packet	1 medium packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3024kJ (723Cal)	751kJ (179Cal)
Protein (g)	43.2g	10.7g
Fat, total (g)	35.9g	8.9g
- saturated (g)	14g	3.5g
Carbohydrate (g)	54.7g	13.6g
- sugars (g)	9.9g	2.5g
Sodium (mg)	1535mg	381mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (716Cal)	745kJ (178Cal)
Protein (g)	39.8g	9.9g
Fat, total (g)	36.9g	9.2g
- saturated (g)	13.6g	3.4g
Carbohydrate (g)	54.7g	13.6g
- sugars (g)	9.9g	2.5g
Sodium (mg)	1533mg	381mg

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](https://www.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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Get prepped & cook the couscous

- 1 Grate **carrot** (see ingredients).
- 2 Roughly chop **tomato**. Set aside.
- 3 In a large saucepan, melt the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot** until softened, **2-3 minutes**.
- 4 Add **garlic paste** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder**, then bring to the boil.
- 5 Add **couscous**, stirring to combine. Cover with a lid, then remove from heat. Set aside until water is absorbed, **5 minutes**.



Finish the sides

- 1 Fluff up **couscous** with a fork, then stir through **baby spinach leaves**. Set aside.
- 2 In a medium bowl, combine **tomato**, the **white wine vinegar** and a drizzle of **olive oil**. Season, then toss to coat.



Cook the meatballs

- 1 While the couscous is cooking, in a large bowl, combine **beef mince**, **chermoula spice blend**, the **egg**, **fine breadcrumbs**, the **salt** and a pinch of **pepper**.
- 2 Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.
- 3 In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**.

Custom Recipe: If you've swapped to pork mince, prepare and cook the pork meatballs in the same way as the beef meatballs.



Serve up

- 1 Divide carrot couscous between bowls. Top with chermoula beef meatballs, zingy tomatoes and a dollop of **Greek-style yoghurt**.
- 2 Sprinkle with **flaked almonds** to serve. Enjoy!

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