



# Chermoula Beef Koftas & Spinach Rice

with Freshly Chopped Salsa & Crumbled Fetta

NEW

AIR FRYER FRIENDLY

KID FRIENDLY

Grab your meal kit  
with this number

40



Garlic



Red Onion



Cucumber



Tomato



Lemon



Basmati Rice



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Baby Spinach Leaves



Greek-Style Yoghurt



Fetta Cubes



Haloumi



Beef Mince

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

These koftas are handfulls of flavour packed with tender beef mince and aromatic spices. Pair with a veggie-packed salsa, fluffy rice, crumbled feta and tangy yoghurt for a feast to remember.

## Pantry items

Olive Oil, Butter, Egg, Honey

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

## You will need

Medium saucepan with a lid · Air fryer or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	2 cloves	4 cloves
red onion	½	1
cucumber	1	2
tomato	1	2
lemon	½	1
<b>butter*</b>	20g	40g
basmati rice	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
<b>water*</b>	1½ cups	3 cups
beef mince	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>egg*</b>	1	2
<b>honey*</b>	1 tsp	2 tsp
baby spinach leaves	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3540kJ (846cal)	305kJ (73cal)
Protein (g)	44.9g	3.9g
Fat, total (g)	34.9g	3g
- saturated (g)	15.8g	1.4g
Carbohydrate (g)	84.4g	7.3g
- sugars (g)	14.4g	1.2g
Sodium (mg)	1445mg	124.4mg
Dietary Fibre (g)	13.6g	1.2g

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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW40



## Get prepped

- Finely chop **garlic**.
- Thinly slice **red onion** (see ingredients).
- Roughly chop **cucumber** and **tomato**.
- Zest **lemon** to get a generous pinch, then slice into wedges.



## Cook the koftas

- Set air fryer to **200°C**.
- Place **koftas** into a foil-lined air fryer basket and cook until cooked through, **10-12 minutes**.
- When the koftas have **2 minutes** remaining, remove basket from air fryer and brush koftas with the **honey**.

**TIP:** No air fryer? 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 (cook in batches if your pan is getting crowded). Remove from heat, add the honey and toss to coat.

## CUSTOM OPTIONS



### ADD HALOUMI

Cut into 1cm slices. Cook in frying pan with a drizzle of olive oil until golden brown, 1-2 minutes each side.



## Cook the rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat.
- Cook **garlic** and **onion**, stirring, until tender, **3-5 minutes**. Add **basmati rice**, the **salt**, **lemon zest** and the **water**.
- Stir, then bring to the boil. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!



## Bring it all together

- In a medium bowl, combine **tomato**, **cucumber**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**.
- To the rice, add **baby spinach leaves** and stir until wilted.



### DOUBLE BEEF MINCE

Follow method above, cooking in batches if necessary.



## Make the koftas

- While the rice is cooking, in a large bowl, combine **beef mince**, **chermoula spice blend**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll **beef mixture** into koftas about 8cm long and 2.5cm thick (3 per person). Transfer to a plate.



## Serve up

- Divide spinach rice between bowls. Top with chermoula beef koftas and chopped salsa.
- Drizzle **Greek-style yoghurt** over the koftas and crumble over **fetta cubes**.
- Serve with remaining lemon wedges. Enjoy!

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

