

Beef Koftas & Couscous Tabbouleh

with Yoghurt & Walnuts

Grab your Meal Kit with this symbol



Carrot



Chicken-Style Stock Powder



Couscous



Currants



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
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)	3018kJ (721Cal)	716kJ (171Cal)
Protein (g)	43.3g	10.3g
Fat, total (g)	35.3g	8.4g
- saturated (g)	13.6g	3.2g
Carbohydrate (g)	56g	13.3g
- sugars (g)	13.4g	3.2g
Sodium (mg)	1186mg	281mg

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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1



Cook the couscous

- Grate **carrot** (see ingredients).
- In a medium saucepan, heat 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.

Use an air fryer!

1. Set your air fryer to 200°C. Prep koftas as above in step 3.
2. Place koftas evenly into the air fryer basket and cook until cooked through, 10-12 minutes. Cook in batches if needed.

2



Get prepped

- While the couscous is cooking, halve **snacking tomatoes**.
- Finely chop **garlic**. Roughly chop **parsley** (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

- **See 'air fryer tips!' (below)**. In a large bowl, combine **beef mince**, **garlic**, **chermoula spice blend**, the **egg** and **fine breadcrumbs** (see ingredients). Season with **pepper**.
- Using damp hands, roll **beef mixture** into **koftas** about 8cm long and 2.5cm thick (3 per person). Transfer to a plate.

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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