

# Beef Koftas & Couscous Tabbouleh

with Greek-Style Yoghurt & Walnuts

Grab your Meal Kit with this symbol



Carrot



Beef-Style Stock Powder



Couscous



Dried Cranberries



Snacking Tomatoes



Garlic



Parsley



Walnuts



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Greek-Style Yoghurt



Pork Mince

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.

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

### Pantry items

Olive Oil, Butter, Egg



## 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	½	1
<b>butter*</b>	20g	40g
<b>water*</b>	¾ cup	1½ cups
beef-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
dried cranberries	½ packet	1 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
<b>egg*</b>	1	2
fine breadcrumbs	½ medium packet	1 medium packet
Greek-style yoghurt	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)	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

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	709kJ (169Cal)
Protein (g)	39.9g	9.5g
Fat, total (g)	36.2g	8.6g
- saturated (g)	13.1g	3.1g
Carbohydrate (g)	56g	13.3g
- sugars (g)	13.4g	3.2g
Sodium (mg)	1184mg	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](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!

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## Cook the couscous

- 1 Grate **carrot** (see ingredients).
- 2 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**.
- 3 Add the **water** and **beef-style stock powder** and bring to the boil. Add **couscous** and **dried cranberries** (see ingredients), stirring to combine. Cover with a lid and remove from heat.
- 4 Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



## Cook the koftas

- 1 In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- 2 Cook koftas, turning regularly, until browned and cooked through, **10-12 minutes**. Transfer to a paper towel-lined plate.

**TIP:** Cook the koftas in batches if your pan is getting crowded.

**Custom Recipe:** Cook pork koftas as above, turning regularly, until browned and cooked through, 10-12 minutes.



## Get prepped

- 1 While the couscous is cooking, halve **snacking tomatoes**.
- 2 Finely chop **garlic**. Roughly chop **parsley** (reserve some leaves for garnish!).
- 3 Roughly chop **walnuts**.



## Finish the couscous

- 1 Meanwhile, add **tomatoes** and chopped **parsley** to the **couscous**. Stir to combine.
- 2 Season with **salt** and **pepper** to taste.



## Make the koftas

- 1 In a large bowl, combine **beef mince**, **garlic**, **chermoula spice blend**, the **egg** and **fine breadcrumbs** (see ingredients). Season with **pepper**.
- 2 Using damp hands, roll **beef mixture** into koftas (3 per person). Transfer to a plate.

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



## Serve up

- 1 Divide couscous tabbouleh between plates.
- 2 Top with beef koftas and a dollop of **Greek-style yoghurt**.
- 3 Sprinkle with chopped walnuts and reserved parsley to serve. Enjoy!

## Rate your recipe

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