

Beef Koftas & Couscous Tabbouleh

with Greek-Style Yoghurt & Walnuts

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Couscous











Snacking Tomatoes

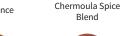








Beef Mince



Fine Breadcrumbs



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

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 \cdot Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1/2	1	
butter*	20g	40g	
water*	3⁄4 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	
egg*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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 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.
- Set aside until water is absorbed, **5 minutes**. Fluff up with a fork.



Get prepped

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



Make the koftas

- 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 (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.



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. 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.



Finish the couscous

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



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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