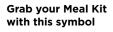


Dinner - Beef Koftas & Tabbouleh Couscous Lunch - Beef Koftas & Roast Veggie Rice Bowl











Zucchini







Chicken Stock









Chermoula Spice Blend





Fine Breadcrumbs







Cucumber







Baby Spinach Leaves



Lemon



FOR YOUR LUNCH



Microwavable **Brown Rice**



Pantry items Olive Oil, Eggs



LUNCH Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. Make your own beef koftas, then serve them with tabbouleh couscous for dinner and with roast veggies and brown rice for lunch. Extra delicious!

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

Oven tray lined with baking paper · Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	1
peeled & chopped pumpkin	1 packet (200g)	1 packet (200g)
water*	¾ cup	1¼ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
currants	1 packet	2 packets
mint	1 bunch	1 bunch
beef mince	1 large packet	1 large & 1 small packet
chermoula spice blend	2 sachets	2½ sachets
pine nuts	1 packet	2 packets
eggs*	2	3
fine breadcrumbs	2 packets	3 packets
salt*	½ tsp	¾ tsp
tomato	1	2
cucumber	1	2
baby spinach leaves	1 bag (60g)	1 bag (90g)
parsley	1 bunch	1 bunch
lemon	1	2
hummus	1 tub (100g)	1½ tubs (150g)
microwavable brown rice	1 packet	1 packet
Greek yoghurt	2 packets (200g)	2 packets (200g)

Mutrition

Nutrition		
DINNER	PER SERVING	PER 100G
Energy (kJ)	2390kJ (570Cal)	565kJ (135Cal)
Protein (g)	43.0g	10.2g
Fat, total (g)	16.1g	3.8g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	59.5g	14.1g
- sugars (g)	12.7g	3.0g
Sodium (g)	749mg	178mg
LUNCH		
Energy (kJ)	3230kJ (771Cal)	453kJ (108Cal)
Protein (g)	47.7g	6.7g
Fat, total (g)	35.4g	5.0g
- saturated (g)	10.7g	1.5g
Carbohydrate (g)	68.3g	9.6g
- sugars (g)	18.2g	2.6g
Sodium (mg)	911mg	128mg

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. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the zucchini into 2cm chunks. Place the zucchini and peeled & chopped pumpkin on an oven tray lined with baking paper with a drizzle of olive oil and a pinch of salt and pepper. Toss to coat, then roast until tender, 20-25 minutes. Set aside until you're ready to make lunch.



2. Cook the couscous

While the veggies are roasting, in a large saucepan, add the water and crumbled chicken stock (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the couscous, currants and a drizzle of olive oil. Stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, 5 minutes. Fluff up with a fork and set aside to cool slightly.



3. Cook the koftas

While the couscous is cooking, pick the **mint** leaves and finely chop. In a large bowl, combine the **beef** mince, mint, chermoula spice blend, pine nuts, eggs, fine breadcrumbs and the salt. Season with pepper. Roll the beef mixture into koftas (about 6cm long and 2.5cm thick). You should get 3 koftas per portion. In a large frying pan, heat a **drizzle** of olive oil over a medium-high heat. Add the koftas and cook, turning often, until browned and cooked through, 11-12 minutes. Transfer to a plate and set aside.

TIP: The koftas are cooked when they are no longer pink inside.



4. Prep the tabbouleh

Finely chop the tomato and cucumber. Roughly chop the baby spinach leaves. Roughly chop the parsley leaves (reserve some leaves for garnish). Halve the lemon. In a small bowl, add the **hummus** and a dash of water. Season with salt and pepper and mix well. Set aside. Just before serving, add the tomato, cucumber, parsley, 1/2 the spinach and a squeeze of lemon juice to the pan with the couscous, then stir to combine. Season to taste with salt and pepper.



5. Serve up dinner

Set aside two portions of koftas for lunch. Divide the couscous tabbouleh between plates and top with the remaining beef koftas. Serve with the **hummus dressing** and garnish with the reserved parsley.



6. Make lunch

When you're ready to make lunch, slice the remaining lemon into wedges. Divide the microwavable brown rice, zucchini, pumpkin and remaining baby spinach between two microwave-safe containers. Top with the reserved beef koftas and lemon wedges. Pack the Greek **yoghurt** separately. Refrigerate. At lunch, remove the **lemon** and heat the **beef kofta rice bowls** in the microwave for 2-3 minutes or until piping hot. Season with salt and pepper and serve with the lemon wedges and Greek yoghurt.