



Dinner - Beef Koftas & Tabbouleh Couscous

Lunch - Beef Koftas & Roast Veggie Rice Bowl

Grab your Meal Kit with this symbol



Zucchini



Peeled & Chopped Pumpkin



Chicken Stock



Couscous



Currants



Mint



Beef Mince



Chermoula Spice Blend



Pine Nuts



Fine Breadcrumbs



Tomato



Cucumber



Baby Spinach Leaves



Parsley



Lemon



Hummus

FOR YOUR LUNCH



Microwavable Brown Rice



Greek Yoghurt



DINNER
Hands-on: 40-50 mins
Ready in: 45-55 mins

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!

Pantry items
Olive Oil, Eggs

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)

*Pantry Items

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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DINNER



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.



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.



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.



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**.



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.

LUNCH



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**.