

# Chermoula Beef Meatballs

with Carrot Couscous & Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Red Onion



Carrot



Tomato



Cucumber



Baby Spinach Leaves



Mint



Chicken Stock



Couscous



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Flaked Almonds



Greek-Style Yoghurt

 Hands-on: 20-30 mins  
Ready in: 30-40 mins

Get a load of this meal that's brimming with colour and flavour. With a fluffy (and sneaky) carrot couscous as the base for mildly spiced beef meatballs and a refreshing tomato salsa, all the elements come together for a delightful explosion of taste!

### Pantry items

Olive Oil, Butter, Egg, White Wine Vinegar

## 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

Large saucepan with lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
red onion	½	1
carrot	½	1
tomato	1	2
cucumber	1	2
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)
mint	1 bunch	1 bunch
butter*	20g	40g
water*	¾ cup	1½ cups
chicken stock	1 cube	2 cubes
couscous	1 packet	2 packets
beef mince	1 medium packet	1 large packet
chermoula spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	1 packet	2 packets
salt*	¼ tsp	½ tsp
flaked almonds	1 packet	2 packets
white wine vinegar*	2 tsp	1 tbs
Greek-style yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3230kJ (771Cal)	582kJ (139Cal)
Protein (g)	49.9g	9g
Fat, total (g)	35.1g	6.3g
- saturated (g)	14.1g	2.5g
Carbohydrate (g)	59.1g	10.6g
- sugars (g)	15.2g	2.7g
Sodium (mg)	1360mg	245mg

## 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.



## Get prepped

Finely chop the **garlic**. Finely chop the **red onion** (see ingredients). Grate the **carrot** (see ingredients). Roughly chop the **tomato**. Finely chop the **cucumber**. Roughly chop the **baby spinach leaves**. Pick and finely chop the **mint leaves**.



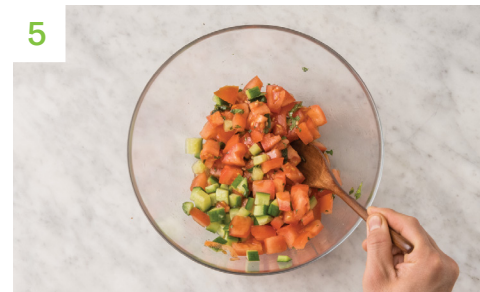
## Cook the meatballs

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing until golden, **2-3 minutes**. Transfer to a plate. Return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**.



## Cook the couscous

In a large saucepan, melt the **butter** with a drizzle of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **4-5 minutes**. Add the **carrot** and cook until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and crumbled **chicken stock** (1 cube for 2 people / 2 cubes for 4 people). Bring to the boil. Add the **couscous**, stir to combine then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**.



## Finish the sides

Fluff the couscous with a fork and stir through the **spinach**. In a medium bowl, combine the **tomato, cucumber, white wine vinegar**, a drizzle of **olive oil** and remaining **mint**. Season with **salt and pepper** and toss to coat.



## Make the meatballs

While the couscous is cooking, combine the **beef mince, chermoula spice blend, egg, fine breadcrumbs, salt**, a pinch of **pepper** and 1/2 the **mint** in a large bowl. Using damp hands, shape a heaped spoonful of the beef mixture into a meatball. Place on a plate and repeat with the remaining mixture. You should get 5-6 meatballs per person.



## Serve up

Divide the carrot couscous between plates and top with the chermoula beef meatballs and tomato cucumber salsa. Serve with **Greek-style yoghurt** and almonds.

Enjoy!