



Chermoula Beef Meatballs

with Carrot Couscous, Tomato Salsa & Almonds

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Parsley



Chicken-Style Stock Powder



Couscous



Chermoula Spice Blend



Fine Breadcrumbs



Baby Spinach Leaves



Flaked Almonds



Beef Mince



Greek-Style Yoghurt

Prep in: **20-30** mins
Ready in: **25-35** mins

Bursting with colour, aroma and zest, this dish is inspired by the lively night markets of Marrakech. The chermoula-spiced meatballs work a treat with the fluffy, earthy couscous, while the refreshing salsa works to cut through the richness. Serve with a dollop of yoghurt for tang and creaminess, and a sprinkle of flaked almonds for crunch.

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	½	1
tomato	1	2
parsley	1 bag	1 bag
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	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
salt*	¼ tsp	½ tsp
fine breadcrumbs	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3006kJ (718Cal)	742kJ (177Cal)
Protein (g)	43.3g	10.7g
Fat, total (g)	35.2g	8.7g
- saturated (g)	14g	3.5g
Carbohydrate (g)	54.7g	13.5g
- sugars (g)	9.8g	2.4g
Sodium (mg)	1484mg	366mg

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.



Get prepped & cook the couscous

- Finely chop **garlic**. Grate **carrot** (see ingredients). Roughly chop **tomato** and **parsley**. Set aside.
- In a large saucepan, melt the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot** until softened, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder**, then bring to the boil.
- Add **couscous**, stirring to combine. Cover with a lid, then remove from heat. Set aside until water is absorbed, **5 minutes**.



Finish the sides

- Fluff up **couscous** with a fork, then stir through **baby spinach leaves**. Set aside.
- In a medium bowl, combine **tomato**, **parsley**, the **white wine vinegar** and a drizzle of **olive oil**. Season, then toss to coat.



Cook the meatballs

- While the couscous is cooking, combine **beef mince**, **chermoula spice blend**, the **egg**, **fine breadcrumbs**, the **salt** and a pinch of **pepper** in a large bowl.
- Using damp hands, roll heaped spoonfuls of **mixture** into small meatballs (4-5 per person). Transfer to a plate.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**.

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



Serve up

- Divide carrot couscous between plates.
- Top with chermoula beef meatballs and tomato salsa.
- Dollop over **Greek-style yoghurt**. Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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