



# Quick Chermoula Beef Meatballs

with Carrot Couscous, Tomato Salsa & Almonds

Grab your Meal Kit with this symbol



Carrot



Tomato



Chicken-Style Stock Powder



Couscous



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Baby Spinach Leaves



Garlic Paste



Greek-Style Yoghurt



Flaked Almonds

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 cuts 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        |
|----------------------------|-----------------|-----------------|
| <b>olive oil*</b>          | refer to method | refer to method |
| carrot                     | ½               | 1               |
| tomato                     | 1               | 2               |
| <b>butter*</b>             | 20g             | 40g             |
| garlic paste               | 1 packet        | 2 packets       |
| <b>water*</b>              | 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  |
| <b>egg*</b>                | 1               | 2               |
| fine breadcrumbs           | 1 medium packet | 1 large packet  |
| <b>salt*</b>               | ¼ tsp           | ½ tsp           |
| baby spinach leaves        | 1 small bag     | 1 medium bag    |
| <b>white wine vinegar*</b> | 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)      | 3032kJ (725Cal) | 753kJ (180Cal) |
| Protein (g)      | 43.2g           | 10.7g          |
| Fat, total (g)   | 35.9g           | 8.9g           |
| - saturated (g)  | 14g             | 3.5g           |
| Carbohydrate (g) | 54.7g           | 13.6g          |
| - sugars (g)     | 9.9g            | 2.5g           |
| Sodium (mg)      | 1535mg          | 381mg          |

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](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 & cook the couscous

- Grate **carrot** (see ingredients).
- Roughly chop **tomato**. 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 paste** 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**, 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 the **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**.



## Serve up

- Divide carrot couscous between bowls. Top with chermoula beef meatballs, tomato salsa and a dollop of **Greek-style yoghurt**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!



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