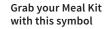


Quick Chermoula Beef Meatballs with Carrot Couscous, Tomato Salsa & Almonds













Chicken-Style Stock Powder







Beef Mince

Chermoula Spice Blend





Fine Breadcrumbs

Baby Spinach





Garlic Paste

Greek-Style Yoghurt



Flaked Almonds



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
carrot	1/2	1
tomato	1	2
butter*	20g	40g
garlic paste	1 packet	2 packets
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
fine breadcrumbs	1 medium packet	1 large packet
salt*	1/4 tsp	½ tsp
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)	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 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!

