

Honey-Glazed Mexican Beef Meatballs

with Wholemeal Carrot & Corn Couscous

Grab your Meal Kit with this symbol



Tex-Mex Spice Blend



Fine Breadcrumbs



Garlic



Carrot



Sweetcorn



Wholemeal Couscous



Cucumber



Flaked Almonds



Beef Mince



Greek-Style Yoghurt

Prep in: 20-30 mins
Ready in: 30-40 mins

Dietitian Approved



Give meatballs a Mexican twist by lacing them with our mild Tex-Mex spice blend, which will also create a lovely char in the pan. Add a bit of honey once they're done for a gorgeous glaze that imparts a touch of sweetness. Serve over a fluffy and wholesome couscous studded with sweet bursts of corn, and complete the dish with a crisp and tangy cucumber salad, plus a dollop of creamy yoghurt to tie everything together.

Pantry items

Olive Oil, Egg, Honey, 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 frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef mince	1 small packet	1 medium packet
Tex-Mex spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tbs	2 tbs
carrot	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
water*	¾ cup	1½ cups
wholemeal couscous	1 packet	2 packets
cucumber	1	2
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	554kJ (132Cal)
Protein (g)	46g	9.4g
Fat, total (g)	23.5g	4.8g
- saturated (g)	8.3g	1.7g
Carbohydrate (g)	56.2g	11.5g
- sugars (g)	16.5g	3.4g
Sodium (mg)	900mg	185mg

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.

1



Prep the meatballs

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! In a medium bowl, combine **beef mince**, **Tex-Mex spice blend**, **fine breadcrumbs**, the **egg** and a pinch of **salt**.
- Using damp hands, roll heaped spoonfuls of the **mixture** into small meatballs (4-5 per person). Transfer to a plate.

2



Make the garlic yoghurt

- Finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over medium-high heat. Cook until fragrant, **1 minute**.
- Transfer to a small heatproof bowl. Add **Greek-style yoghurt**. Stir to combine. Season to taste.

3



Cook the meatballs

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and a splash of **water**, tossing to coat.

TIP: For best results, drain the oil from the pan before adding the honey.

4



Make the couscous

- Meanwhile, grate **carrot**. Drain **sweetcorn**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **corn** until softened, **3-4 minutes**.
- Add remaining **garlic** and cook until fragrant, **1 minute**. Add the **water** and a good pinch of **salt** and bring to the boil.
- Add **wholemeal couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.

5



Make the cucumber salad

- Meanwhile, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**.
- Season, then add **cucumber**. Toss to coat.

6



Serve up

- Divide wholemeal carrot and corn couscous between bowls. Top with honey-glazed Mexican beef meatballs.
- Sprinkle with **flaked almonds**. Serve with a dollop of garlic yoghurt and some cucumber salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW33

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