



Chargrilled Chermoula Pork Koftas

with Barbecued Broccoli Couscous & Lemon Yoghurt

GOOD TO BBQ

NEW

Grab your meal kit with this number

20



Broccoli Florets



Lemon



Pork Mince



Chermoula Spice Blend



Fine Breadcrumbs



Couscous



Chicken-Style Stock Powder



Greek-Style Yoghurt



Mixed Salad Leaves



Pork Mince



Beef Mince

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



Protein Rich



Calorie Smart

Fire up the grill for these chermoula pork koftas, a smokey, savoury twist on classic BBQ fare! The koftas bring a rich, aromatic flavour that pairs perfectly with the crunch of charred broccoli tossed in light, fluffy couscous. Finished with a dollop of zesty lemon yoghurt, this dish is sure to please.

Pantry items

Olive Oil, Egg

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
broccoli florets	1 medium packet	1 large packet
lemon	½	1
pork mince	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
fine breadcrumbs	1 medium packet	1 large packet
egg*	1	2
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
Greek-style yoghurt	½ large packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2495kJ (596Cal)	576kJ (137Cal)
Protein (g)	42.1g	9.7g
Fat, total (g)	21.2g	4.9g
- saturated (g)	6.6g	1.5g
Carbohydrate (g)	53.1g	12.2g
- sugars (g)	9.6g	2.2g
Sodium (mg)	1091mg	252mg
Dietary Fibre (g)	8.3g	1.9g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle. Preheat BBQ to high heat.
- Cut any larger **broccoli florets** in half.
- Zest **lemon** to get a pinch, then halve.
- In a medium bowl, combine **broccoli** and a drizzle of **olive oil**, then season with **salt** and **pepper**.
- To a second medium bowl, combine **pork mince**, **chermoula spice blend**, **fine breadcrumbs** and the **egg**.
- Using damp hands, roll **pork mixture** into koftas about 8cm long and 2.5cm thick (3 per person).



Grill the veggies

- Meanwhile, grill **broccoli**, turning occasionally, until tender, **5-6 minutes**.
- Grill **lemon**, cut-side down, until charred, **2-3 minutes**.

No BBQ? Return frying pan to medium-high heat with a drizzle of olive oil. Cook broccoli, tossing occasionally, until tender, 6-8 minutes. Transfer to a plate. Increase heat to high, then cook lemon, cut-side down, until charred, 1-2 minutes.



Start the couscous

- In a large heatproof bowl, add **couscous** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.



Finish the yoghurt & couscous

- In a small bowl, combine **Greek-style yoghurt** (**see ingredients**) and **lemon zest**.
- To the bowl with couscous, add **broccoli**, **mixed salad leaves**, a generous squeeze of **charred lemon juice** and a drizzle of **olive oil**. Season to taste.



Grill the koftas

- When BBQ is hot, grill **koftas**, turning occasionally, until cooked through and slightly charred, **8-10 minutes**.

NO BBQ? Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook koftas until just cooked through, 10-12 minutes.



Serve up

- Divide barbecued broccoli couscous between bowls.
- Top with chargrilled chermoula pork koftas.
- Dollop with lemon yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



DOUBLE PORK MINCE

Follow method above, cooking in batches if necessary.



SWAP TO BEEF MINCE

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

