



Beef & Feta Meatballs

with Carrot Couscous Tabbouleh & Yoghurt Dressing

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Carrot



Broccoli



Parsley



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Feta



Vegetable Stock



Couscous



Yoghurt



Hands-on: 25-35 mins
Ready in: 35-45 mins

The flavours of the Middle East are always a winner, and our tasty carrot couscous tabbouleh and yoghurt dressing are a case in point. Add beef and feta meatballs to the mix and you'll be hard-pressed to stop your mouth watering while you cook!

Unfortunately, this week's green beans were in short supply, so we've replaced them with broccolini. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, Egg, Butter

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 too.

You will need

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
carrot	½	1
broccolini	1 bunch	1 bunch
parsley	1 bunch	1 bunch
lemon	½	1
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
feta	1 block (25g)	1 block (50g)
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
yoghurt	1 small packet	1 large packet
water* (for the dressing)	4 tsp	2½ tbs

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2770kJ (661Cal)	684kJ (163Cal)
Protein (g)	45.8g	11.3g
Fat, total (g)	26.5g	6.6g
- saturated (g)	13.5g	3.3g
Carbohydrate (g)	57.5g	14.2g
- sugars (g)	10.5g	2.6g
Sodium (mg)	1380mg	342mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Get prepped

Finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**. Grate the **carrot** (see ingredients list), unpeeled. Trim the **broccolini** and cut into 2cm pieces. Roughly chop the **parsley leaves** (reserve a few leaves for garnish). Zest the **lemon** (see ingredients list) to get a **good pinch**, then slice into wedges.



4. Cook the carrot couscous

While the meatballs are cooking, heat a medium saucepan over a medium heat with the **butter** and a **drizzle of olive oil**. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **remaining garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and **vegetable stock** and bring to the boil. Add the **lemon zest** and **couscous**. Stir to combine, cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



2. Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see ingredients list), the **salt** and **1/3** of the **garlic**. Crumble in the **feta** and mix well. Using damp hands, take a heaped spoonful of the **beef mixture** and shape into a small meatball. Transfer to a plate and repeat with the **remaining mixture**. You should get 5-6 meatballs per person.



3. Cook the meatballs

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccolini** and cook, tossing regularly, until tender, **5-6 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **meatballs** and cook, turning regularly, until browned and cooked through, **8-10 minutes**.



5. Make the tabbouleh

When the couscous is done, add the **baby spinach**, **broccolini**, **parsley**, a **squeeze of lemon juice** and a **pinch of salt** and **pepper** to the saucepan with the **couscous** and stir to combine. In a small bowl, combine the **yoghurt**, a **good squeeze of lemon juice** and the **water (for the dressing)**. Season to taste.



6. Serve up

Divide the carrot couscous tabbouleh between plates and top with the beef and feta meatballs. Drizzle with the yoghurt dressing and sprinkle with the reserved parsley leaves.

Enjoy!