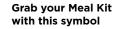
Beef & Feta Meatballs

with Carrot Couscous Tabbouleh & Yoghurt Dressing















Carrot

Broccolini







Lemon

Beef Mince

Chermoula Spice Blend





Fine Breadcrumbs





Couscous



Yoghurt

Pantry items Olive Oil, Egg, Butter

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!

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

| iiigi caiciits | | |
|------------------------------|------------------|------------------|
| | 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 | 1/2 | 1 |
| broccolini | 1 bunch | 1 bunch |
| parsley | 1 bunch | 1 bunch |
| lemon | 1/2 | 1 |
| beef mince | 1 packet | 1 packet |
| chermoula spice blend | 1 sachet | 1 sachet |
| egg* | 1 | 2 |
| fine breadcrumbs | ½ packet | 1 packet |
| salt* | 1/4 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 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.



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.



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.



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 voghurt dressing and sprinkle with the reserved parsley leaves.

Enjoy!