



HERBY BEEF KOFTAS

with Nutty Couscous



Add nuts to couscous for extra crunch



Garlic



Parsley



Cucumber



Tomato



Lemon



Beef Mince



Middle Eastern Spice Blend



Fine Breadcrumbs



Vegetable Stock



Couscous



Currants



Slivered Almonds



Feta



Greek Yoghurt

Hands-on: **25 mins**
Ready in: **30 mins**

Couscous is a great side that loves to soak up flavour. We're jazzing it up tonight with flavourful stock, lemon zest and currants so it truly holds its own against these Middle Eastern-inspired beef and parsley koftas.

Pantry Staples: Olive Oil, Eggs

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 GET PREPPED

Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Finely chop the **cucumber** and **tomato**. Zest the **lemon** to get a pinch. Cut the lemon into wedges.



2 ROLL THE BEEF KOFTAS

In a medium bowl, combine the **garlic**, **beef mince**, **Middle Eastern spice blend**, **egg**, **fine breadcrumbs** (see ingredients list), **salt** and **1/2 the parsley**. Using damp hands, roll the beef mixture into koftas about 8cm long and 2.5cm thick (you should get 3 koftas per person.)



3 MAKE THE COUSCOUS

In a medium saucepan, bring the **water** and the crumbled **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**) to the boil. Add the **couscous**, **currants**, **lemon zest** and a **drizzle of olive oil** and stir to combine. Cover with a lid and remove from the heat. Set aside for **5 minutes**, or until the water has absorbed.



4 COOK THE KOFTAS

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes**, or until golden. Transfer to a small bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **beef koftas** and cook, turning, for **2-3 minutes**, or until browned all over. Reduce the heat to medium and cook for a further **6-7 minutes**, or until cooked through. **TIP:** The koftas are cooked when they are no longer pink inside.



5 MAKE THE SALAD

In a large bowl, combine the **cucumber**, **tomato** and **remaining parsley**. Crumble in the **feta**. **Drizzle** with **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**), season with a **pinch of salt** and **pepper** and toss to coat.

Fluff up the **couscous** with a fork and stir through the toasted **slivered almonds**. Season with a **pinch of salt** and **pepper** and stir to combine.



6 SERVE UP

Divide the nutty couscous, beef koftas and salad between plates. Dollop the **Greek yogurt** over the koftas and serve with lemon wedges. **TIP:** Lemon juice adds a fresh, zesty flavour to the dish, and serving with wedges lets everyone customise their meal!

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
cucumber	1	2
tomato	1	2
lemon	1	2
beef mince	1 packet	1 packet
Middle Eastern spice blend	2 sachets	4 sachets
eggs*	1	2
fine breadcrumbs	¼ packet	½ packet
salt*	½ tsp	1 tsp
water*	1 cup	2 cups
vegetable stock	½ cube	1 cube
couscous	1 packet	2 packets
currants	1 packet	2 packets
slivered almonds	1 packet	2 packets
feta	¼ block (50 g)	½ block (100 g)
Greek yoghurt	1 tub (100 g)	1 tub (185 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3280kJ (783Cal)	674kJ (161Cal)
Protein (g)	52.6g	10.8g
Fat, total (g)	30.6g	6.3g
- saturated (g)	11.4g	2.4g
Carbohydrate (g)	70.9g	14.6g
- sugars (g)	18.6g	3.8g
Sodium (g)	802mg	165mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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