



Honey-Glazed Beef Rissoles & Tomato Salsa

with Couscous Salad & Yoghurt

Grab your Meal Kit with this symbol



Tomato



Cucumber



Baby Spinach Leaves



Chicken-Style Stock Powder



Couscous



Slivered Almonds



Middle Eastern Seasoning



Fine Breadcrumbs



Beef Mince



Greek-Style Yoghurt

Prep in: **25-35 mins**
Ready in: **30-40 mins**

Fly away to the clouds with this fluffy bowl of couscous with plump beef rissoles. Float on a flavourful honey drizzle that coats the rissoles and will send your tastebuds to dreamland, especially when you add a tomato salsa to the mix.

Pantry items

Olive Oil, Butter, Egg, Honey

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
water*	¾ cup	1 ½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
slivered almonds	1 packet	2 packets
beef mince	1 packet	1 packet
salt*	¼ tsp	½ tsp
Middle Eastern seasoning	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	1 packet	1 packet
honey*	1 tbs	2 tbs
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3637kJ (869Cal)	794kJ (190Cal)
Protein (g)	47.8g	10.4g
Fat, total (g)	46.4g	10.1g
- saturated (g)	16.9g	3.7g
Carbohydrate (g)	63.8g	13.9g
- sugars (g)	13.7g	3g
Sodium (mg)	1420mg	310mg

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

- Roughly chop **tomato**, **cucumber** and **baby spinach leaves**.



Make the beef rissoles

- In a large bowl, combine **beef mince**, the **salt**, **Middle Eastern seasoning**, the **egg**, **fine breadcrumbs** and a pinch of **pepper**.
- Using damp hands, roll **beef mixture** into small **meatballs**, then flatten to make 2cm-thick **rissoles**.



Cook the couscous

- In a medium saucepan, heat the **butter** with a drizzle of **olive oil** over medium-high heat. Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous**, stir to combine, then cover with a lid and remove from heat. Set aside until all the water has absorbed, **5 minutes**.
- Fluff the **couscous** up with a fork and stir through **baby spinach**. Season to taste.



Cook the beef rissoles

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **beef rissoles**, turning regularly, until browned and cooked through, **10-12 minutes**.
- In the last **minute** of cook time, add the **honey** and turn **rissoles** to coat.
- Meanwhile, combine **tomato**, **cucumber**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a medium bowl.



Toast the almonds

- While the couscous is cooking, heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Serve up

- Divide couscous salad between bowls. Top with tomato salsa and honey-glazed beef rissoles.
- Garnish with toasted almonds. Dollop with **Greek-style yoghurt** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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