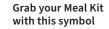
Beef & Crumbly Cheese Meatballs with Carrot Couscous & Hummus















Carrot





Lemon



Blend



Fine Breadcrumbs





Vegetable Stock

Greek Salad Cheese/ Feta Cheese



Couscous





Hummus



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 hummus 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!



Olive Oil, Egg, Butter

Pantry items

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

Large frying pan · Medium saucepan with a lid

Ingredients

| 2 People | 4 People |
|-----------------|---|
| | |
| refer to method | refer to method |
| 4 cloves | 8 cloves |
| 1 bag (30g) | 1 bag (60g) |
| 1/2 | 1 |
| 1 bag | 1 bag |
| 1/2 | 1 |
| 1 packet | 1 packet |
| 1 sachet | 1 sachet |
| 1 | 2 |
| ½ packet | 1 packet |
| 1 packet (50g) | 1 packet (100g) |
| 20g | 40g |
| ¾ cup | 1 ½ cups |
| 1 medium sachet | 1 large sachet |
| 1 packet | 1 packet |
| 1 bag | 1 bag |
| 1 packet (50g) | 1 packet (100g) |
| 1 packet | 1 packet |
| | 4 cloves 1 bag (30g) ½ 1 bag ½ 1 packet 1 sachet 1 ½ packet 1 packet (50g) 20g ¾ cup 1 medium sachet 1 packet 1 packet 1 packet 1 packet 1 packet |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3648kJ (871Cal) | 862kJ (206Cal) |
| Protein (g) | 48.6g | 11.5g |
| Fat, total (g) | 45.3g | 10.7g |
| - saturated (g) | 21.5g | 5.1g |
| Carbohydrate (g) | 50.8g | 12g |
| - sugars (g) | 6.6g | 1.6g |
| Sodium (mg) | 1421mg | 336mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3405kJ (813Cal) | 805kJ (192Cal) |
| Protein (g) | 45.1g | 10.7g |
| Fat, total (g) | 46.4g | 11g |
| - saturated (g) | 19.7g | 4.7g |
| Carbohydrate (g) | 51g | 12.1g |
| - sugars (g) | 6.6g | 1.6g |
| Sodium (mg) | 1426mg | 337mg |

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Finely chop the **garlic**. Roughly chop the **baby spinach leaves**. Grate the **carrot** (see ingredients). Trim the **baby broccoli** and cut into thirds, slicing any thicker stalks in half lengthways. Slice the **lemon** into wedges.



Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see ingredients), 1/2 the **garlic** and a pinch of **salt** and **pepper**. Crumble in the **cheese** and mix well. Using damp hands, roll heaped spoonfuls of the **beef mixture** into small meatballs. Transfer to a plate. You should get 5-6 meatballs per person.

CUSTOM RECIPE

If you've swapped your beef mince for venison & beef mince, prep the mince in the same way as above!



Cook the greens & meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **baby broccoli**, tossing, until tender, **4-6 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**.



Make the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium heat. Cook the **carrot**, stirring, until softened, **2-3 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water** and **vegetable stock powder** and bring to the boil. Add the **couscous** and stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Make the tabbouleh

In a second large bowl, combine the **baby spinach**, **baby broccoli**, **couscous** and a squeeze of **lemon juice**. Season with **salt** and **pepper** and stir to combine.

TIP: Combine everything in the saucepan to save on washing up!



Serve up

Roughly chop the **parsley**. Divide the couscous tabbouleh between plates and top with the beef and crumbly cheese meatballs. Dollop over the **hummus** and garnish with the parsley to serve.

Enjoy!