

Beef & Crumbly Cheese Meatballs

with Carrot Couscous & Hummus

Grab your Meal Kit with this symbol



Garlic



Baby Spinach Leaves



Carrot



Baby Broccoli



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Greek Salad Cheese/Feta Cheese



Vegetable Stock Powder



Couscous



Parsley



Hummus



Venison & Beef Mince

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!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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.

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	4 cloves	8 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
carrot	½	1
baby broccoli	1 bag	1 bag
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
Greek salad cheese/ feta cheese		
	1 packet (50g)	1 packet (100g)
butter*	20g	40g
water*	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
parsley	1 bag	1 bag
hummus	1 packet (50g)	1 packet (100g)
venison & beef mince**	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](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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://www.hellofresh.co.nz/contact)

2021 | CW36



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 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 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!



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!



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**.



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!