



Mediterranean Beef & Cheese Meatballs

with Herbed Couscous & Lemon Yoghurt Dressing

Grab your Meal Kit with this symbol



Garlic



Tomato



Baby Spinach Leaves



Parsley



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Greek Salad Cheese/
Feta Cheese



Vegetable Stock Powder



Couscous



Greek-Style Yoghurt

Hands-on: 25-35 mins
Ready in: 35-45 mins

Calorie Smart

Get a load of this meal that's brimming with colour and flavour. With a herb-packed couscous, mildly spiced beef meatballs and a creamy lemon yoghurt dressing, all the elements come together for a delightful explosion of taste!

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	3 cloves	6 cloves
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bunch	1 bunch
lemon	½	1
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 packet	1 packet
Greek salad cheese/ feta cheese	1 block (50g)	1 block (100g)
butter*	20g	40g
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2706kJ (646Cal)	666kJ (159Cal)
Protein (g)	43.8g	10.8g
Fat, total (g)	28.2g	6.9g
- saturated (g)	13.8g	3.4g
Carbohydrate (g)	55.2g	13.6g
- sugars (g)	7.3g	1.8g
Sodium (mg)	1450mg	357mg

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

Finely chop the **garlic** and **tomato**. Roughly chop the **baby spinach leaves** and **parsley** leaves. Zest the **lemon** to get a pinch, then slice into wedges.



Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium-high heat. Cook the remaining **garlic** until fragrant, **1 minute**. Add the **water** and **vegetable stock powder** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. 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**, the **salt**, **egg**, **fine breadcrumbs** and 1/2 the **garlic**. Crumble in the **cheese** and mix well. Season with **pepper**. Using damp hands, shape heaped spoonfuls of the **beef mixture** into meatballs and transfer to a plate. You should get 4-5 meatballs per person.



Finish the couscous

When the couscous is done, add the **tomato**, **baby spinach**, **parsley**, **lemon zest** and a squeeze of **lemon juice** and stir to combine. Season to taste. In a small bowl, combine the **Greek-style yoghurt** and a good squeeze of **lemon juice**. Season to taste.



Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **meatballs**, turning, until browned and cooked through, **8-10 minutes**.



Serve up

Divide the herbed couscous between plates, then top with the Mediterranean beef and cheese meatballs. Drizzle with the lemon yoghurt dressing. Serve with any remaining lemon wedges.

Enjoy!