



# Moroccan Beef & Pork Koftas

with Chermoula Coconut Sauce, Garlic Rice & Lemony Veggies

NEW



Grab your Meal Kit with this symbol



Garlic Paste



Basmati Rice



Carrot



Courgette



Lemon



Beef & Pork Mince



Garlic & Herb Seasoning



Fine Breadcrumbs



Chermoula Spice Blend



Coconut Milk



Beef Mince

Prep in: 30-40 mins  
Ready in: 35-45 mins

These koftas are handy parcels of explosive flavour, with tender beef and pork mince, mild spices and a punchy coconut sauce to drizzle over the top. Paired with garlic rice and veggies drizzled with lemon juice, this is a Moroccan-style feast to remember.

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

### Pantry items

Olive Oil, Butter, Egg, Honey



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
<b>butter*</b>	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 packet	1 packet
<b>water*</b>	1½ cups	3 cups
carrot	1	2
courgette	1	2
lemon	½	1
beef & pork mince	1 packet	1 packet
<b>egg*</b>	1	2
garlic & herb seasoning	1 sachet	1 sachet
fine breadcrumbs	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
chermoula spice blend	1 sachet	1 sachet
coconut milk	1 medium packet	2 medium packets
beef mince**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3718kJ (889Cal)	634kJ (152Cal)
Protein (g)	41.7g	7.1g
Fat, total (g)	51.9g	8.8g
- saturated (g)	28.9g	4.9g
Carbohydrate (g)	89.4g	15.2g
- sugars (g)	9.8g	1.7g
Sodium (mg)	1489mg	254mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3751kJ (897Cal)	640kJ (153Cal)
Protein (g)	43.6g	7.4g
Fat, total (g)	50.5g	8.6g
- saturated (g)	29.3g	5g
Carbohydrate (g)	89.4g	15.2g
- sugars (g)	9.8g	1.7g
Sodium (mg)	1469mg	250mg

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://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

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## Make the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic paste** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!

**TIP:** Cover the pan with a lid if the garlic paste starts to spatter!

4



## Cook the koftas

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **koftas**, turning, until browned and cooked through, **10-12 minutes** (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey**, turning **koftas** to coat. Transfer to a plate.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** Cook the beef koftas in the same way as above.

2



## Get prepped

- While the rice is cooking, thinly slice **carrot** into sticks. Thinly slice **courgette** into half-moons.
- Cut **lemon** into wedges.
- In a medium bowl, combine **beef & pork mince**, the **egg**, **garlic & herb seasoning**, **fine breadcrumbs** and a pinch of **salt** and **pepper**. Using damp hands, roll **mince mixture** into koftas (3 per person).

**Custom Recipe:** If you've swapped from beef & pork mince to beef mince, prep koftas in the same way as above.

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## Make the coconut sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **chermoula spice blend** and the remaining **garlic paste** until fragrant, **1 minute**.
- Add **coconut milk** and a splash of **water**, stirring, until slightly thickened, **2-3 minutes**.
- Remove from heat and stir through a squeeze of **lemon juice**.

3



## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **courgette**, tossing, until tender, **4-5 minutes**.
- Add a squeeze of **lemon juice**, season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.

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## Serve up

- Divide garlic rice between bowls.
- Top with lemony veggies and Moroccan beef and pork koftas.
- Spoon chermoula coconut sauce over koftas.
- Serve with any remaining lemon wedges. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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