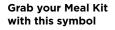


# **Beef Koftas & Tabbouleh Couscous**

with Hummus & Flaked Almonds















Chicken-Style Stock Powder

Couscous





Currants

Tomato





Baby Spinach Leaves

Parsley







**Beef Mince** 

**Chermoula Spice** Blend





**Fine Breadcrumbs** 

Flaked Almonds



Hummus



## 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

ingicalcing			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
garlic	2 cloves	4 cloves	
butter*	20g	40g	
water*	¾ cup	1½ cups	
chicken-style stock powder	1 sachet	1 sachet	
couscous	1 packet	2 packets	
currants	½ packet	1 packet	
tomato	1	2	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
parsley	1 bunch	1 bunch	
beef mince	1 small packet	1 medium packet	
chermoula spice blend	1 sachet	1 sachet	
egg*	1	2	
fine breadcrumbs	½ packet	1 packet	
salt*	½ tsp	1 tsp	
flaked almonds	1 packet	2 packets	
hummus	1 packet (100g)	1 packet (200g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	<b>3160kJ</b> (755Cal)	<b>625kJ</b> (149Cal)
Protein (g)	48.5g	9.6g
Fat, total (g)	32.7g	6.5g
- saturated (g)	12.9g	2.6g
Carbohydrate (g)	63.9g	12.6g
- sugars (g)	19.8g	3.9g
Sodium (mg)	1130mg	224mg

#### **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.



#### 1. Cook the couscous

Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add **1/2** the **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add the **couscous**, **currants** (see ingredients list) and a **drizzle** of **olive oil** and stir to combine. Cover with a lid and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



## 2. Prep the veggies

While the couscous is cooking, finely chop the **tomato**. Roughly chop the **baby spinach leaves** and **parsley** leaves (reserve some leaves for garnish!).



#### 3. Make the koftas

In a large bowl, combine the **beef mince**, **chermoula spice blend**, **egg, fine breadcrumbs** (see ingredients list), the salt and remaining garlic. Season with **pepper**. Roll the **beef mixture** into koftas (about 6cm long and 2.5cm thick) and set aside on a plate. You should get 3 koftas per person.



### 4. Cook the koftas

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the koftas and cook, turning regularly, until browned and cooked through, **11-12 minutes**.

**TIP:** The koftas are cooked when they are no longer pink inside.



# 5. Make the couscous tabbouleh

While the koftas are cooking, add the **tomato**, **baby spinach** and **parsley** to the cooked **couscous** and stir to combine. Season to taste.



# 6. Serve up

Divide the couscous tabbouleh between plates and top with the beef koftas. Serve with the **hummus**. Garnish with the toasted almonds and reserved parsley.

Enjoy!