



Beef Koftas & Tabbouleh Couscous

with Hummus & Flaked Almonds

Grab your Meal Kit with this symbol



Carrot



Garlic



Chicken-Style Stock Powder



Couscous



Currants



Tomato



Baby Spinach Leaves



Parsley



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Flaked Almonds



Hummus

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

These koftas are handy parcels of flavour, with tender mince, mild spices and a smattering of almonds to add extra texture. Paired with a veggie-packed couscous tabbouleh and hummus, this is a Middle Eastern feast to remember.

Pantry items

Olive Oil, Butter, Egg

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

	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)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3160kJ (755Cal)	625kJ (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](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.



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.



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.



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!).



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.



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.



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!