



# Herby Beef Koftas

with Jewelled Couscous & Yoghurt

Grab your Meal Kit with this symbol 



Garlic



Parsley



Baby Spinach Leaves



Tomato



Lemon



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Vegetable Stock



Couscous



Currants



Feta



Yoghurt

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

Couscous is a great side that loves to soak up flavour. We're jazzing it up tonight with flavourful stock, lemon zest and currants so it truly holds its own against these Middle Eastern-inspired beef and parsley koftas.

### Pantry items

Olive Oil, 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
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (30g)	1 bag (60g)
tomato	1	2
lemon	1	2
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	½ tsp	1 tsp
water*	1 cup	2 cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
currants	1 packet	2 packets
feta	1 packet (25g)	1 packet (50g)
yoghurt	1 packet	1 packet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3150kJ (752Cal)	680kJ (162Cal)
Protein (g)	53.8g	11.6g
Fat, total (g)	31.3g	6.8g
- saturated (g)	11.2g	2.4g
Carbohydrate (g)	60.1g	13.0g
- sugars (g)	17.0g	3.7g
Sodium (g)	1730mg	373mg

### 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. Get prepped

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



## 2. Roll the beef koftas

In a medium bowl, combine the **garlic**, **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see ingredients list), the **salt** and **1/2** the **parsley**. Using damp hands, roll the **beef mixture** into koftas about 8cm long and 2.5cm thick. You should get about 3 koftas per person.



## 3. Make the couscous

In a medium saucepan, bring the **water** and **vegetable stock** to the boil. Add the **couscous**, **currants**, **lemon zest** and a **drizzle** of **olive oil** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**.



## 4. Cook the koftas

While the couscous is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **beef koftas** and cook, turning, until browned all over, **2-3 minutes**. Reduce the heat to medium and cook until cooked through, **6-7 minutes**.

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



## 5. Make the salad

While the koftas are cooking, combine the **baby spinach**, **tomato** and **remaining parsley** in a large bowl. Crumble in the **feta**. **Drizzle** with **olive oil** (2 tsp for 2 people / 4 tsp for 4 people), season with a **pinch** of **salt** and **pepper** and toss to coat. Fluff up the **couscous** with a fork. Season with a **pinch** of **salt** and **pepper** and stir to combine.



## 6. Serve up

Divide the jewelled couscous, herby beef koftas and salad between plates. Dollop the **yoghurt** over the koftas and serve with the lemon wedges.

**Enjoy!**