



# Beef Koftas & Veggie Brown Rice

with Garlic-Cucumber Raita

Grab your Meal Kit with this symbol



Carrot



Garlic



Leek



Lemon



Brown Rice



Chicken-Style Stock Powder



Currants



Cucumber



Chermoula Spice Blend



Fine Breadcrumbs



Beef Mince



Greek-Style Yoghurt

Prep in: **25-35 mins**  
Ready in: **35-45 mins**

These koftas are handy parcels of flavour, with tender mince, mild spices and a smattering of currants to add extra texture. Paired with a veggie-packed brown rice and tangy yoghurt, this is a Middle Eastern feast to remember.

### Pantry items

Olive Oil, Butter, Egg

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
garlic	2 cloves	4 cloves
leek	1	2
lemon	½	1
<b>butter*</b>	20g	40g
brown rice	1 packet	2 packets
chicken-style stock powder	1 sachet	1 sachet
currants	½ packet	1 packet
cucumber	½	1
beef mince	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
<b>egg*</b>	1	2
fine breadcrumbs	½ packet	1 packet
<b>salt*</b>	½ tsp	1 tsp
Greek-style yoghurt	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3549kJ (848Cal)	617kJ (147Cal)
Protein (g)	45.2g	7.9g
Fat, total (g)	39.5g	6.9g
- saturated (g)	16.6g	2.9g
Carbohydrate (g)	74g	12.9g
- sugars (g)	16.3g	2.8g
Sodium (mg)	1625mg	282mg

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.

1



## Cook the veggie brown rice

- Grate the **carrot**. Finely chop **garlic**. Thinly slice **leek**. Slice **lemon** into wedges.
- In a medium saucepan, melt the **butter** over medium-high heat. Cook **carrot** and **leek** stirring, until softened, **2-3 minutes**.
- Add 1/2 the **garlic** and a squeeze of **lemon juice** and cook, stirring, until fragrant, **1 minute**. Transfer to a bowl.
- Half-fill the saucepan with **water**. Add **brown rice** and a generous pinch of **salt**. Bring to the boil over high heat and cook, uncovered, until tender, **25-30 minutes**.
- Drain **rice** and return to saucepan, then stir through **chicken-style stock powder**, **currants** (see ingredients), cooked **carrot** and **leek**.

4



## Make the garlic raita

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook the remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Add the **cucumber** and season to taste.

2



## Get prepped

- While the brown rice is cooking, finely chop **cucumber** (see ingredients).

3



## Make the koftas

- In a large bowl, combine **beef mince**, **chermoula spice blend**, the **egg**, **fine breadcrumbs** (see ingredients) and the **salt**. Using damp hands, roll **beef mixture** into small koftas (3 per person).

5



## 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**.

6



## Serve up

- Divide veggie brown rice between bowls and top with beef koftas.
- Dollop over garlic-cucumber raita. Serve with remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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