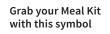


Beef Koftas & Veggie Brown Rice with Garlic-Cucumber Raita

















Brown Rice

Chicken-Style Stock Powder







Chermoula Spice

Fine Breadcrumbs





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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
garlic	2 cloves	4 cloves	
leek	1	2	
lemon	1/2	1	
butter*	20g	40g	
brown rice	1 packet	2 packets	
chicken-style	1 sachet	1 sachet	
stock powder	(5g)	(10g)	
currants	½ packet	1 packet	
cucumber	1/2	1	
beef mince	1 packet	1 packet	
chermoula spice blend	1 sachet	1 sachet	
egg*	1	2	
fine breadcrumbs	½ packet	1 packet	
salt*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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**.



Get prepped

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



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).



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.



Cook the koftas

Wipe out the frying pan, then return to mediumhigh heat with a drizzle of olive oil. Cook koftas, turning, until browned and cooked through,
10-12 minutes



Serve up

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

