



Dinner - Beef Koftas & Tabbouleh Couscous

Lunch - Beef Kofta & Roast Veggie Rice Bowl

Grab your Meal Kit with this symbol



Courgette



Peeled & Chopped Pumpkin



Chicken-Style Stock Powder



Couscous



Currants



Mint



Beef Mince



Chermoula Spice Blend



Pine Nuts



Fine Breadcrumbs



Tomato



Cucumber



Baby Spinach Leaves



Parsley

For your lunch



Lemon



Hummus



Microwavable Basmati Rice



Yoghurt



DINNER
Hands-on: 40-50 mins
Ready in: 45-55 mins

LUNCH
Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual, then put a new spin on the recipe to create something different for lunch the next day. Make your own beef koftas, then serve them with tabbouleh couscous for dinner and with roast veggies and rice for lunch. Extra delicious!

Pantry items

Olive Oil, Eggs

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

Oven tray lined with baking paper · Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	1
peeled & chopped pumpkin	1 packet (200g)	1 packet (200g)
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
currants	1 packet	2 packets
mint	1 bunch	1 bunch
beef mince	1 large packet	1 large & 1 medium packet
chermoula spice blend	1 sachet	2½ sachets
pine nuts	1 packet	2 packets
eggs*	2	3
fine breadcrumbs	1 packet	2½ packets
salt*	½ tsp	¾ tsp
tomato	1	2
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 bag (60g)	1 bag (90g)
parsley	1 bunch	1 bunch
lemon	1	1
hummus	½ packet (100g)	¾ packet (150g)
microwavable basmati rice	1 packet	1 packet
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

Dinner	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	612kJ (146Cal)
Protein (g)	45.7g	9.4g
Fat, total (g)	28.5g	5.9g
- saturated (g)	7.4g	1.5g
Carbohydrate (g)	63.4g	13.1g
- sugars (g)	14.9g	3.1g
Sodium (mg)	890mg	184mg
Lunch	Per Serving	Per 100g
Energy (kJ)	2850kJ (682Cal)	426kJ (102Cal)
Protein (g)	49.0g	7.3g
Fat, total (g)	24.0g	3.6g
- saturated (g)	9.0g	1.3g
Carbohydrate (g)	63.2g	9.4g
- sugars (g)	16.0g	2.4g
Sodium (mg)	779mg	116mg

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.

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **courgette** into 2cm chunks. Place the **courgette** and **peeled & chopped pumpkin** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside until you're ready to make lunch.



Make the tabbouleh

While the koftas are cooking, finely chop the **tomato** and **cucumber**. Roughly chop the **baby spinach leaves**. Roughly chop the **parsley** leaves (reserve some leaves for garnish!). Halve the **lemon**. In a small bowl, add the **hummus** (see ingredients) and a dash of **water**. Season to taste and mix well. Set aside. Just before serving, add the **tomato, cucumber, parsley, 1/2 the baby spinach** and a squeeze of **lemon juice** to the **couscous** and stir to combine. Season to taste.



Cook the couscous

While the veggies are roasting, add the **water** and **chicken-style stock powder** to a large saucepan and bring to the boil. Add the **couscous, currants** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside to cool slightly, uncovered.



Serve up dinner

Divide the **couscous tabbouleh** between plates and top with the remaining **beef koftas**. Serve with the **hummus dressing** and garnish with the reserved **parsley**.



Cook the koftas

While the couscous is cooking, pick the **mint** leaves and finely chop. In a large bowl, combine the **beef mince, mint, chermoula spice blend** (see ingredients), **pine nuts, eggs, fine breadcrumbs** (see ingredients) and the **salt**. Season with **pepper**. Roll the **beef mixture** into koftas (about 6cm long and 2.5cm thick). You should get about 3 koftas per person. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **koftas** and cook, turning, until browned and cooked through, **11-12 minutes**. Set aside two portions of the **beef koftas** for lunch.

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



Prepare your lunch

When you're ready to make lunch, slice the remaining **lemon** into wedges. Divide the roasted **courgette, pumpkin, microwavable basmati rice** (no need to heat it!) and remaining **baby spinach** between two microwave-safe containers. Top with the reserved **beef koftas** and the **lemon wedges**. Pack a packet of **yoghurt** separately. Refrigerate. At lunch, remove the lemon and heat the beef kofta and roast veggie rice bowl in the microwave until piping hot, **2-3 minutes**. Season to taste. Serve with lemon wedges and yoghurt.

Enjoy!