

Chermoula Beef Meatballs

with Carrot Couscous & Tomato-Cucumber Salsa

Grab your Meal Kit with this symbol



Garlic



Red Onion



Carrot



Tomato



Cucumber



Baby Spinach Leaves



Mint



Chicken-Style Stock Powder



Couscous



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Slivered Almonds



Yoghurt

 Hands-on: 20-30 mins
Ready in: 30-40 mins

Get a load of this meal that's brimming with colour and flavour. With a fluffy (and sneaky) carrot couscous as the base for mildly spiced beef meatballs and a refreshing tomato salsa, all the elements come together for a delightful explosion of taste!

Pantry items

Olive Oil, Butter, Egg, White Wine Vinegar

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

Large 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
red onion	½	1
carrot	½	1
tomato	1	2
cucumber	1 (medium)	1 (large)
baby spinach	1 bag	1 bag
leaves	(30g)	(60g)
mint	1 bunch	1 bunch
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
beef mince	1 medium packet	1 large packet
chermoula spice blend	1 sachet	1 sachet
egg*	1	2
fine breadcrumbs	½ packet	1 packet
salt*	¼ tsp	½ tsp
slivered almonds	1 packet	2 packets
white wine vinegar*	2 tsp	1 tbs
yoghurt	1 small packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3110kJ (742Cal)	545kJ (130Cal)
Protein (g)	50.2g	8.8g
Fat, total (g)	33.4g	5.9g
- saturated (g)	12.5g	2.2g
Carbohydrate (g)	55.5g	9.7g
- sugars (g)	12.8g	2.2g
Sodium (mg)	881mg	154mg

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.



Get prepped

Finely chop the **garlic**. Finely chop the **red onion** (see ingredients). Grate the **carrot** (see ingredients), unpeeled. Roughly chop the **tomato**. Finely chop the **cucumber**. Roughly chop the **baby spinach leaves**. Pick and finely chop the **mint** leaves.



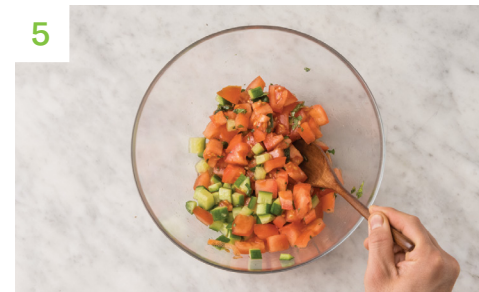
Cook the meatballs

Heat a large frying pan over a medium-high heat. Add the **slivered 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**. Cook the **meatballs**, turning often, until browned and cooked through, **8-10 minutes**.



Cook the couscous

In a large saucepan, melt the **butter** with a drizzle of **olive oil** over a medium-high heat. Add the **onion** and cook until softened, **4-5 minutes**. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**.



Finish the sides

Fluff the **couscous** up with a fork and stir through the **baby spinach**. In a medium bowl, combine the **tomato, cucumber, white wine vinegar**, a drizzle of **olive oil** and the remaining **mint**. Season to taste and toss to coat.



Make the meatballs

While the couscous is cooking, combine the **beef mince, chermoula spice blend, egg, fine breadcrumbs** (see ingredients), the **salt** and **1/2** the **mint** in a large bowl. Season with **pepper**. Using damp hands, shape a heaped spoonful of the **beef mixture** into a meatball. Set aside on a plate and repeat with the remaining **mixture**. You should get 5-6 meatballs per person.



Serve up

Divide the couscous between plates. Top with the meatballs and tomato-cucumber salsa. Serve with the **yoghurt** and sprinkle with the toasted almonds.

Enjoy!