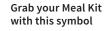


NEW

















Seasoning





**Baby Spinach** 









Prep in: 25-35 mins Ready in: 30-40 mins

Calorie Smart\* \*Custom recipe is not Calorie Smart You will be floating on clouds with this beef kofta and couscous dinner. A flavourful honey drizzle coats the koftas and will send your tastebuds to dreamland, especially when you add a fragrant hummus and yoghurt combo.

### **Pantry items**

Olive Oil, Plain Flour, Honey, Balsamic 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

Oven tray lined with baking paper  $\cdot$  Large frying pan  $\cdot$  Medium saucepan with a lid

# Ingredients

3				
	2 People	4 People		
olive oil*	refer to method	refer to method		
cauliflower	1 portion (200g)	1 portion (400g)		
carrot	1	2		
garlic	3 cloves	6 cloves		
Greek-style yoghurt	1 medium packet	1 large packet		
hummus	1 packet (50g)	1 packet (100g)		
beef mince	1 packet	1 packet		
Middle Eastern seasoning	1 sachet	2 sachets		
plain flour*	½ tbs	1 tbs		
honey*	1 tsp	2 tsp		
ras el hanout	1 sachet	1 sachet		
water*	¾ cup	1 ½ cups		
salt*	1/4 tsp	½ tsp		
couscous	1 packet	1 packet		
baby spinach leaves	1 small bag	1 medium bag		
balsamic vinegar*	drizzle	drizzle		
haloumi/ grill cheese**	1 packet	2 packets		

\*Pantry Items \*\*Custom Recipe Ingredient

# **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (649Cal)	593kJ (141Cal)
Protein (g)	43g	9.4g
Fat, total (g)	25.1g	5.5g
- saturated (g)	9.8g	2.1g
Carbohydrate (g)	59.9g	13.1g
- sugars (g)	11.8g	2.6g
Sodium (mg)	1000mg	218mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3965kJ (948Cal)	723kJ (173Cal)
Protein (g)	65g	11.8g
Fat, total (g)	47.7g	8.7g
- saturated (g)	23.4g	4.3g
Carbohydrate (g)	62.1g	11.3g
- sugars (g)	13.9g	2.5g
Sodium (mg)	1720mg	313mg

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.

#### We're here to help!

Scan here if you have any questions or concerns





# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut cauliflower into small florets. Cut carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender and brown around edges,
   20-25 minutes.



# Make the yoghurt hummus

- Finely chop garlic. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook 1/2 the garlic until fragrant, 1 minute.
- Transfer garlic oil to a small bowl.
- Add Greek-style yoghurt and hummus to garlic oil and stir to combine. Season to taste and set aside.



# Cook the koftas

- In a large bowl, combine **beef mince**, **Middle Eastern seasoning** and the **plain flour**.
- Using damp hands, roll **beef mixture** into small koftas (3-4 per person).
- Return frying pan to medium-high heat with a drizzle of olive oil. Cook koftas, turning, until browned and cooked through, 8-10 minutes (cook in batches if your pan is getting crowded).
- Remove pan from heat, then drain excess oil from the pan. Add the honey to koftas and turn to coat.



# Make the couscous

- Meanwhile, heat a medium saucepan over medium-high heat with a drizzle of olive oil.
- Add ras el hanout and remaining garlic and cook until fragrant, 1 minute.
- Add the water and salt, then bring to the boil.
   Add couscous and stir to combine.
- Cover with a lid and remove from heat. Set aside until water is absorbed, 5 minutes. Fluff up with a fork.



# Bring it all together

 When the couscous is done, add roasted veggies, baby spinach leaves and a drizzle of balsamic vinegar and olive oil to the saucepan.
 Season to taste.

Custom Recipe: If you've added haloumi, cut haloumi into 1cm slices. Heat a second large frying pan over medium-high heat with a drizzle of olive oil. Cook haloumi, until golden brown, 1-2 minutes each side. Set aside.



# Serve up

- Divide roast cauliflower and carrot couscous between bowls.
- Top with honey beef koftas.
- Spoon over garlic yoghurt hummus to serve.
   Enjoy!

**Custom Recipe:** Serve with the haloumi.

#### Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate