



Honey Beef Koftas & Garlic Yoghurt Hummus

with Roast Cauliflower & Carrot Couscous

NEW

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Garlic



Middle Eastern Seasoning



Ras El Hanout



Couscous



Baby Spinach Leaves



Greek-Style Yoghurt



Hummus



Beef Mince



Haloumi/
Grill Cheese

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	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*	¼ 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 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.



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.



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.



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.



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