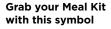


# Middle Eastern-Style Beef & Feta Meatballs

with Roasted Veggie Couscous









Peeled & Chopped Pumpkin









**Baby Spinach** 







**Greek Yoghurt** 

Lemon



**Beef Mince** 



Chermoula Spice Blend



**Fine Breadcrumbs** 





Vegetable Stock



Couscous

Hands-on: 20 mins Ready in: 30 mins

The flavours of the Middle East are always a winner, and our tasty veggie couscous and lemony yoghurt dressing are a case in point. Add beef and feta meatballs to the mix and you'll be hard pressed to stop your mouth watering while you cook!

**Pantry items** 

Olive Oil, Eggs, Butter

## 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 · Large saucepan with a lid

#### **Ingredients**

ingrealents	
	4 People
olive oil*	refer to method
red onion	1
peeled & chopped pumpkin	1 packet (400g)
garlic	4 cloves
carrot	1
baby spinach leaves	<b>1 bag</b> (60g)
parsley	1 bunch
lemon	1
Greek yoghurt	<b>1 packet</b> (175g)
beef mince	1 packet
chermoula spice blend	3 sachets
salt*	½ tsp
eggs*	2
fine breadcrumbs	2 packets
feta	<b>1 packet</b> (100g)
butter*	40g
water*	1½ cups
vegetable stock	1 sachet
couscous	2 packets

<sup>\*</sup>Pantry Items

#### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3100kJ (740Cal)	593kJ (142Cal)
Protein (g)	48.0g	9.2g
Fat, total (g)	29.9g	5.7g
- saturated (g)	15.3g	2.9g
Carbohydrate (g)	65.6g	12.5g
- sugars (g)	15.4g	3.0g
Sodium (g)	1730mg	332mg

#### **Allergens**

may have changed.

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



# 1. Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Slice the red onion into 2cm wedges. Place the peeled & chopped pumpkin and onion on an oven tray lined with baking paper. Drizzle with olive oil, season with a pinch of salt and pepper and toss to coat. Roast until tender, 25-30 minutes.



# 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Roughly chop the **baby spinach leaves**. Pick and roughly chop the **parsley** leaves. Zest the **lemon** to get a **good pinch**, then slice into wedges. In a small bowl, combine the **Greek yoghurt** and a **generous squeeze** of **lemon juice**. Season with a **pinch** of **salt** and **pepper**. Set aside.



## 3. Cook the meatballs

In a large bowl, combine the beef mince, chermoula spice blend, salt, eggs, fine breadcrumbs and 1/2 the garlic. Crumble in 1/2 the feta and mix well. Using damp hands, shape heaped spoonfuls of the beef mixture into meatballs and set aside on a plate. You should get 5-6 meatballs per person. In a large frying pan, heat a generous drizzle of olive oil over a medium-high heat. Add the meatballs and cook, turning often, until browned and cooked through, 8-10 minutes.



### 4. Make the couscous

While the meatballs are cooking, melt the **butter** with a **drizzle** of **olive oil** in a large saucepan over a medium-high heat. Add the **carrot** and cook, stirring, until softened, **2-3 minutes**. Add the **remaining garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **vegetable stock** and bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside and leave until the water is absorbed, **5 minutes**.



## 5. Finish the couscous

When the couscous is done, fluff up with a fork. Add the **lemon zest**, a **squeeze** of **lemon juice**, the **baby spinach** and roasted **veggies**. Stir to combine.



# 6. Serve up

Divide the roasted veggie couscous and beef and feta meatballs between bowls. Dollop over the lemon yoghurt and garnish with the parsley and remaining feta. Serve with any remaining lemon wedges.

# **Enjoy!**