



Middle Eastern-Style Beef & Feta Meatballs

with Roasted Veggie Couscous

Grab your Meal Kit with this symbol



Red Onion



Peeled & Chopped Pumpkin



Garlic



Carrot



Baby Spinach Leaves



Parsley



Lemon



Greek Yoghurt



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs




Feta



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

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

*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

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!