

Moroccan Beef & Pork Koftas

with Chermoula Coconut Sauce, Garlic Rice & Lemony Veggies









Courgette



Carrot

Beef & Pork

Basmati Rice



Mince



Garlic & Herb Seasoning

Fine Breadcrumbs



Coconut Milk



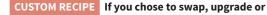
Pantry items Olive Oil, Butter, Egg, Honey

NEW



Prep in: 30-40 mins Ready in: 35-45 mins

These koftas are handy parcels of explosive flavour, with tender beef and pork mince, mild spices and a punchy coconut sauce to drizzle over the top. Paired with garlic rice and veggies drizzled with lemon juice, this is a Moroccan-style feast to remember.



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter*	20g	40g
garlic paste	1 packet	2 packets
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
carrot	1	2
courgette	1	2
lemon	1/2	1
beef & pork mince	1 packet	1 packet
egg*	1	2
garlic & herb seasoning	1 sachet	1 sachet
fine breadcrumbs	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
chermoula spice blend	1 sachet	1 sachet
coconut milk	1 medium packet	2 medium packets
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3718kJ (889Cal)	634kJ (152Cal)
Protein (g)	41.7g	7.1g
Fat, total (g)	51.9g	8.8g
- saturated (g)	28.9g	4.9g
Carbohydrate (g)	89.4g	15.2g
- sugars (g)	9.8g	1.7g
Sodium (mg)	1489mg	254mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3751kJ (897Cal)	640kJ (153Cal)
Protein (g)	43.6g	7.4g
Fat, total (g)	50.5g	8.6g
- saturated (g)	29.3g	5g
Carbohydrate (g)	89.4g	15.2g
- sugars (g)	9.8g	1.7g
Sodium (mg)	1469mg	250mg

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 2023 | CW17



Make the garlic rice

- In a medium saucepan, heat the **butter** with a dash of **olive oil** over medium heat. Cook 1/2 the **garlic paste** until fragrant, **1-2 minutes**.
- Add **basmati rice**, the **water** and a generous pinch of **salt**, stir, then bring to the boil.
- Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!

TIP: Cover the pan with a lid if the garlic paste starts to spatter!



Cook the koftas

- Wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil.
 Cook koftas, turning, until browned and cooked through, 10-12 minutes (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey**, turning **koftas** to coat. Transfer to a plate.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Cook the beef koftas in the same way as above.



Get prepped

- While the rice is cooking, thinly slice carrot into sticks. Thinly slice courgette into half-moons. Cut lemon into wedges.
- In a medium bowl, combine beef & pork mince, the egg, garlic & herb seasoning, fine breadcrumbs and a pinch of salt and pepper. Using damp hands, roll mince mixture into koftas (3 per person).

Custom Recipe: If you've swapped from beef & pork mince to beef mince, prep koftas in the same way as above.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook carrot and courgette, tossing, until tender, 4-5 minutes.
- Add a squeeze of **lemon juice**, season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



Make the coconut sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of olive oil. Cook chermoula spice blend and the remaining garlic paste until fragrant, 1 minute.
- Add coconut milk and a splash of water, stirring, until slightly thickened, 2-3 minutes.
- Remove from heat and stir through a squeeze of **lemon juice**.



Serve up

- Divide garlic rice between bowls.
- Top with lemony veggies and Moroccan beef and pork koftas.
- Spoon chermoula coconut sauce over koftas.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate

rns

1