



Spiced Beef Koftas & Garlic Rice

with Crumbly Cheese Salad & Mint Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Lemon



Mint



Cucumber



Tomato



Baby Spinach Leaves



Beef Mince



Fine Breadcrumbs



Chermoula Spice Blend



Currants



Greek-Style Yoghurt



Greek Salad Cheese/
Feta Cheese

 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

These koftas are handy parcels of flavour, with tender mince, mild spices and a smattering of currants to add extra sweetness. Paired with garlic rice, a fresh salad and yoghurt, this is a Middle Eastern feast to remember.

Pantry items

Olive Oil, Butter, Egg

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
lemon	½	1
mint	1 bunch	1 bunch
cucumber	1	1
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef mince	1 packet	1 packet
fine breadcrumbs	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
currants	1 packet	1 packet
egg*	1	2
Greek-style yoghurt	1 medium packet	1 large packet
Greek salad cheese/ feta cheese	½ block (25g)	1 block (50g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3206kJ (766Cal)	621kJ (148Cal)
Protein (g)	44.8g	8.7g
Fat, total (g)	26.6g	5.2g
- saturated (g)	12.4g	2.4g
Carbohydrate (g)	89.1g	17.3g
- sugars (g)	13.4g	2.6g
Sodium (mg)	1043mg	202mg

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.



Cook the garlic rice

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

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



Cook the koftas

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **koftas**, turning, until browned and cooked through, **8-10 minutes** (cook in batches if your pan is getting crowded).



Get prepped

While the rice is cooking, zest the **lemon** to get a pinch, then slice into wedges. Pick and roughly chop the **mint**. Finely chop the **cucumber** and **tomato**. Roughly chop the **baby spinach leaves**.



Make the salad

While the koftas are cooking, combine the **Greek-style yoghurt**, a drizzle of **olive oil** and 1/2 the **mint** in a small bowl. Season to taste and set aside. In a medium bowl, combine a good squeeze of **lemon juice** and a drizzle of **olive oil**. Add the **cucumber**, **tomato** and **baby spinach**. Crumble in the **cheese** (see ingredients), toss to combine and season to taste.



Make the koftas

In a large bowl, combine the **lemon zest**, **beef mince**, **fine breadcrumbs**, **chermoula spice blend**, **currants**, **egg** and remaining **garlic**, then season with **salt** and **pepper**. Using damp hands, take heaped spoonfuls of **mixture** and shape into small oval-shaped koftas. Transfer to a plate. You should get 4-5 koftas per person.



Serve up

Divide the garlic rice between bowls. Top with the spiced beef koftas and salad. Spoon the mint yoghurt over the koftas. Garnish with the remaining mint. Serve with any remaining lemon wedges.

Enjoy!