



Quick Beef & Fetta Meatballs

with Couscous Tabbouleh & Hummus Dressing

Grab your Meal Kit
with this symbol



Garlic



Tomato



Parsley



Baby Spinach Leaves



Carrot



Lemon



Hummus



Beef Mince



Chermoula Spice Blend



Fine Breadcrumbs



Fetta Cubes



Vegetable Stock Powder



Couscous

Hands-on: 25-35 mins
Ready in: 25-35 mins

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

Pantry items

Olive Oil, Egg, 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

Large frying pan · Medium saucepan with lid

Ingredients

| | 2 People | 4 People |
|------------------------|--------------------|--------------------|
| olive oil* | refer to method | refer to method |
| garlic | 3 cloves | 6 cloves |
| tomato | 1 | 2 |
| parsley | 1 bag | 1 bag |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| carrot | ½ | 1 |
| lemon | ½ | 1 |
| hummus | 1 packet (100g) | 1 packet (200g) |
| beef mince | 1 small packet | 1 medium packet |
| chermoula spice blend | 1 sachet | 2 sachets |
| egg* | 1 | 2 |
| fine breadcrumbs | ½ medium packet | 1 medium packet |
| salt* | ¼ tsp | ½ tsp |
| fetta cubes | 1 medium packet | 1 large packet |
| butter* | 20g | 40g |
| water* | ¾ cup | 1½ cups |
| vegetable stock powder | 1 medium sachet | 1 large sachet |
| couscous | 1 medium packet | 1 large packet |

*Pantry items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3416kJ (816Cal) | 772kJ (185Cal) |
| Protein (g) | 45.6g | 10.3g |
| Fat, total (g) | 46.5g | 10.5g |
| - saturated (g) | 17.6g | 4g |
| Carbohydrate (g) | 50.1g | 11.3g |
| - sugars (g) | 8.7g | 11.3g |
| Sodium (mg) | 1807mg | 408mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Finely chop **garlic**. Finely chop **tomato**. Roughly chop **parsley**. Roughly chop **baby spinach leaves**. Grate **carrot** (see ingredients).
- Zest **lemon** to get a good pinch, then slice into wedges.
- In a small bowl, combine **hummus**, a good squeeze of **lemon juice** and a splash of **water**. Season with **salt** and **pepper**.



Cook the meatballs

- In a large bowl, combine **beef mince**, **chermoula spice blend**, **egg**, **fine breadcrumbs** (see ingredients), the **salt** and 1/2 the **garlic**. Crumble in 1/2 the **fetta cubes** and mix well.
- Using damp hands, form a heaped spoonful of **mixture** into a small meatball. Transfer to a plate and repeat with remaining mixture. You should get 5-6 meatballs per person.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **meatballs**, turning, until browned and cooked through, **8-10 minutes**.



Cook the couscous

- Meanwhile, melt **butter** in a medium saucepan over a medium heat.
- Cook **carrot**, stirring, until softened, **2-3 minutes**. Add remaining **garlic** and cook until fragrant, **1 minute**. Add the **water** and **vegetable stock powder** and bring to the boil. Add **lemon zest**, **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Stir **baby spinach**, **tomato**, **parsley** and a squeeze of **lemon juice** through the couscous. Season.
- Divide the **couscous tabbouleh** between plates. Top with beef and fetta meatballs. Drizzle with hummus dressing and crumble over remaining fetta to serve.

Enjoy!