



Beef Koftas

with Couscous, Harissa Yoghurt and Tomato Salad

Classic 40 Minutes • Little Spice • 2 of your 5 a day

N° 2



Red Onion



Bell Pepper



Lemon



Garlic Clove



Panko Breadcrumbs



Harissa Paste



Beef Mince



Chicken Stock Paste



Couscous



Mint



Baby Plum Tomatoes



Natural Yoghurt

Before you start

Our fruit and veg need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Zester, Garlic Press, Bowls, Saucepan and Baking Tray.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Lemon**	½	1	1
Garlic Clove	1	2	2
Panko			
Breadcrumbs 13)	10g	20g	25g
Harissa Paste	1 sachet	1½ sachet	2 sachets
Beef Mince**	240g	360g	480g
Chicken Stock Paste	10g	15g	20g
Water for the Couscous*	240ml	360ml	480ml
Couscous 13)	120g	180g	240g
Mint**	1 bunch	1 bunch	1 bunch
Baby Plum Tomatoes	125g	190g	250g
Natural Yoghurt 7) **	75g	120g	150g
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	498g	100g
Energy (kJ/kcal)	3145 / 752	631 / 151
Fat (g)	36	7
Sat. Fat (g)	11	2
Carbohydrate (g)	65	13
Sugars (g)	17	3
Protein (g)	39	8
Salt (g)	1.66	0.33

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Prep

Preheat your oven to 200°C. Halve, peel and chop the **red onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks. Zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).



Kofta Time

Pop the **panko breadcrumbs** into a bowl. Add **half** the harissa and garlic, season with salt and pepper. Add the beef **mince**. Mix with your hands until combined and shape into 4 sausage shapes per person. Flatten to make **koftas**. Pop on a plate and put in the fridge until ready to cook. **IMPORTANT: Wash your hands and equipment after handling raw meat.**



Cook the Couscous

Heat a splash of **oil** in a medium saucepan over a medium heat. When hot, add the **onion** and **pepper** and cook until soft and starting to brown, 5-6 mins. Once softened, add the remaining **garlic** and cook for 1 min. Stir in the **chicken stock paste** and **water** (see ingredients for amount). Bring to a boil, remove from the heat, stir in the **couscous** and pop a lid on the pan. Remove from the heat. Leave to the side for 8-10 mins or until ready to serve.



Cook the Koftas

Meanwhile, place the **koftas** on a baking tray, drizzle with **oil** and roast in your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT: The koftas are cooked when no longer pink in the middle.** Meanwhile, pick the **mint leaves** from their stalks (discard the stalks) and finely chop. Halve the **baby plum tomatoes** and put them in a bowl. Mix the **yoghurt** with the remaining **harissa paste** and set aside.



Season the Couscous

Once cooked, fluff the **couscous** with a fork. Add the **lemon zest**, **half** the **mint** and a squeeze of **lemon juice**. Taste and season with **salt** and **pepper** if needed. Add the remaining **mint** to the bowl with the **baby plum tomatoes** and **oil** (see ingredients for amounts). Season with **salt** and **pepper**.



Time to Serve

Divide the **couscous** between your plates and top with the **beef koftas**. Dollop over the **harissa yoghurt** and serve with the **tomato and mint salad** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.