



Harissa Beef Koftas

with Zesty Mint Couscous and Harissa Yogurt

Classic 25-30 Minutes • Mild Spice • 1 of your 5 a day

8



Bell Pepper



Lemon



Garlic Clove



Mint



Harissa Paste



Panko Breadcrumbs



Beef Mince



Couscous



Chicken Stock
Paste



Low Fat
Natural Yoghurt

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Fine grater, garlic press, bowl, baking tray, saucepan and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------------|---------|---------|---------|
| Bell Pepper*** | 1 | 2 | 2 |
| Lemon** | ½ | 1 | 1 |
| Garlic Clove** | 1 | 2 | 2 |
| Mint** | 1 bunch | 1 bunch | 1 bunch |
| Harissa Paste | 50g | 75g | 100g |
| Panko Breadcrumbs 13 | 10g | 20g | 25g |
| Beef Mince** | 240g | 360g | 480g |
| Couscous 13 | 110g | 180g | 220g |
| Chicken Stock Paste | 10g | 15g | 20g |
| Low Fat Natural Yoghurt** 7 | 75g | 120g | 150g |
| Pantry | 2P | 3P | 4P |
| Water for the Breadcrumbs* | 2 tbsp | 3 tbsp | 4 tbsp |
| Oil for Cooking* | ½ tbsp | ½ tbsp | ½ tbsp |
| Water for the Couscous* | 240ml | 360ml | 480ml |

*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

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|--|-------------|----------|
| Energy (kJ/kcal) | 2725 /651 | 776 /186 |
| Fat (g) | 31.6 | 9.0 |
| Sat. Fat (g) | 10.0 | 2.8 |
| Carbohydrate (g) | 55.9 | 15.9 |
| Sugars (g) | 10.3 | 2.9 |
| Protein (g) | 38.0 | 10.8 |
| Salt (g) | 1.78 | 0.51 |

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve the **bell pepper** and discard the core and seeds. Slice into thin strips, then chop into roughly 1cm pieces.

Zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press). Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



Cook the Couscous

Stir the **couscous** with the **veg** until coated, 1 min

Add the **water for the couscous** (see pantry for amount) and **chicken stock paste** into the pan.

Bring to a boil, then remove from the heat and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.



Make your Koftas

In a large bowl, combine **half** the **harissa** and the **garlic, panko breadcrumbs, salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**.

Season with **pepper** and mix together with your hands.

Shape into mini **sausage** shapes, 4 per person. Flatten to make **koftas**, then pop onto a baking tray and set aside. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Harissa Yoghurt Time

While the **couscous** cooks, bake the **koftas** on the top shelf until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.

In the meantime, mix the **yoghurt** with the remaining **harissa paste** and set aside.



Fry the Pepper

Heat the **oil** (see pantry for amount) in a deep saucepan on medium heat.

Once, add the **bell pepper** and fry until just soft, 3-4 mins. Continue to stir while it cooks.

Once softened, add the remaining **garlic** and cook for 1 min.



Finish and Serve

Once cooked, fluff the **couscous** with a fork. Add the **lemon zest**, the remaining **mint** and a squeeze of **lemon juice**. Taste and season with **salt** and **pepper** if needed.

Share the **couscous** between your plates and top with the **beef koftas**.

Dollop over the **harissa yoghurt** to finish.

Enjoy!