



Chermoula Spiced Beef Koftas

with Harissa Veg Rice and Pickled Onion

27

Calorie Smart 40-45 Minutes • **Very Hot** • 2 of your 5 a day • Under 650 Calories



Aubergine



Bell Pepper



Echalot Shallot



Garlic Clove



Red Wine Vinegar



Basmati Rice



Chicken Stock Paste



Chermoula Spice Mix



Breadcrumbs



Beef Mince



Harissa Paste

Pantry Items

Oil, Salt, Pepper, Sugar,

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Garlic press, bowl, baking tray, saucepan and lid.

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Bell Pepper***	1	1	2
Echalion Shallot**	½	1	1
Garlic Clove**	2	3	3
Red Wine Vinegar 14)	12g	12g	24g
Basmati Rice	100g	150g	200g
Chicken Stock Paste	10g	15g	20g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	10g	15g	20g
Beef Mince**	240g	360g	480g
Harissa Paste 14)	50g	75g	100g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Rice*	200ml	300ml	400ml
Salt for the Breadcrumbs*	¼ tsp	½ tsp	½ tsp
Water for the Breadcrumbs*	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

Typical Values	Per serving	Per 100g
for uncooked ingredient	530g	100g
Energy (kJ/kcal)	2631/629	496/119
Fat (g)	28.4	5.4
Sat. Fat (g)	9.2	1.7
Carbohydrate (g)	65.3	12.3
Sugars (g)	12.4	2.3
Protein (g)	34.8	6.6
Salt (g)	2.74	0.52

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

Allergens

13) Cereals containing gluten **14)** Sulphites

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, cereals containing 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.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

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

Trim the **aubergine**, then cut into roughly 2cm pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).

In a small bowl, combine the **red wine vinegar** and **sugar** (see pantry for amount). Season with **salt** and **pepper**, stir in the **shallot**, then set aside to pickle.



Shape your Koftas

While the **rice** cooks, in a large bowl, combine the **chermoula**, **salt** and **water for the breadcrumbs** (see pantry for amount), then add the **beef mince** and remaining **garlic**. Season with **pepper** and mix together with your hands.

Shape into **mini sausage** shapes, 4 per person. Flatten to make **koftas**. **IMPORTANT:** Wash your hands and equipment after handling raw mince.



Roast the Veg

Pop the **aubergine** and **pepper** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until the **veg** is soft and golden, 20-25 mins. Turn halfway through.

Once cooked, remove from your oven and set aside.



Time to Bake

Pop the **koftas** onto a large baking tray.

Bake on the middle shelf of 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.



Cook the Garlic Rice

Meanwhile, heat a drizzle of **oil** in a medium saucepan (with a tight-fitting lid) on medium-high heat.

Once hot, add the **half** the **garlic** and stir-fry for 1 min.

Stir in the **rice**, **chicken stock paste** and **water for the rice** (see pantry for amount). Bring to the boil, then turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Finish and Serve

When everything's cooked, fluff up the **rice** with a fork and stir through the **roasted pepper**, **aubergine** and **harissa paste** (add less if you'd prefer things milder).

Taste the **rice** and add **salt** and **pepper** if needed, then share between your bowls.

Top with the **koftas** and spoon over the **pickled shallot** to finish.

Enjoy!