



# Beef Kofta

With Couscous & Harissa Yogurt

**CLASSIC** 45 Minutes • Little Heat • 2.5 of your 5 a day

N° 21



Red Onion



Yellow Pepper



Lemon



Mint



Garlic Clove



Baby Plum Tomatoes



Natural Yoghurt



Harissa Paste



Beef Mince



Panko Breadcrumbs



Chicken Stock Powder



Couscous



## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Mixing Bowl, Medium Saucepan, Measuring Jug and Large Frying Pan.

### Ingredients

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

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	569g	100g
Energy (kJ/kcal)	3142/751	553/132
Fat (g)	36	6
Sat. Fat (g)	10	2
Carbohydrate (g)	69	12
Sugars (g)	20	4
Protein (g)	38	7
Salt (g)	1.39	0.25

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Prep

Halve, peel and chop the **onion** into small pieces. Halve the **pepper** and discard the core and seeds. Chop into 1cm sized chunks. Zest and halve the **lemon**. Pick the **mint leaves** from the **stalks** (and discard) and finely chop. Peel and grate the **garlic** (or use a garlic press). Halve the **baby plum tomatoes** and put them in a bowl. Mix the **yoghurt** with **half** of the **harissa paste** and set side.



## 4. Cook the Koftas

Meanwhile, heat a splash of **oil** in a large frying pan on a medium high heat. When hot, add the **koftas**. Fry, turning frequently, until evenly browned all over, 15-20 mins. **TIP:** Cook the koftas in batches if necessary to avoid overcrowding the pan. **IMPORTANT:** The koftas are cooked when no longer pink in the middle.



## 2. Kofta Time

Place the **beef**, **panko breadcrumbs**, remaining **harissa** and **half** the **garlic** in a bowl. Season with **salt** and **pepper**. Use your hands to combine thoroughly. Shape into 4 cylinder shaped **meatballs** per person. **IMPORTANT:** Wash your hands after handling raw meat.



## 5. 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**.



## 3. 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 minute. Stir in the **chicken stock powder** 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.



## 6. 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.