



Beef Koftas and Middle Eastern Style Veg with Tomato & Parsley Couscous

Calorie Smart 30 Minutes • Mild Spice • 2 of your 5 a day • Under 600 Calories

25



Bamboo Skewers



Courgette



Baby Plum
Tomatoes



Flat Leaf
Parsley



Couscous



Chicken Stock
Paste



Panko Breadcrumbs



Cumin



Paprika



Beef Mince



Tomato Puree

Before you start

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

Cooking tools, you will need:

Kettle, Cling Film, Heatproof Bowl, Bowl, Frying Pan and Baking Tray.

Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Courgette**	¾	1	1½
Baby Plum Tomatoes	125g	190g	250g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Couscous 13	120g	180g	240g
Water for the Couscous*	240ml	360ml	480ml
Chicken Stock Paste	20g	30g	40g
Panko Breadcrumbs 13	10g	15g	20g
Water for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp
Cumin	1 sachet	1 sachet	2 sachets
Paprika	1 sachet	1 sachet	2 sachets
Beef Mince**	240g	360g	480g
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the Sauce*	150ml	225ml	300ml
Sugar for the Sauce*	½ tsp	¾ tsp	1 tsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	380g	100g
Energy (kJ/kcal)	2463 /589	549 /155
Fat (g)	21	6
Sat. Fat (g)	9	2
Carbohydrate (g)	59	16
Sugars (g)	12	3
Protein (g)	38	10
Salt (g)	2.14	0.56

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

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, Soy, Gluten & Sulphites.

Contact

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Prep the Veg

Preheat your oven to 200°C. Fill and boil your kettle. Soak the **skewers** in **cold water** to prevent them burning. Trim the **courgette**, then quarter lengthways. Cut widthways into 2cm pieces. Halve the **tomatoes**. Roughly chop the **parsley** (stalks and all).



Char the Courgette

Heat a frying pan on high heat (**no oil**). When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper**, then transfer the **courgette** to a bowl.



Prep the Couscous

Put the **couscous** in a bowl. Pour the **boiling water for the couscous** (see ingredients for amount) and **half** the **chicken stock paste** into the bowl, cover tightly with cling film or a lid and leave to the side for 10 mins or until ready to serve.



Finish Up

Once the **courgette** is charred, pop the pan back on medium heat with a drizzle of **oil**. Add the remaining **cumin**, **paprika** and **chicken stock paste**, **tomato puree**, **water for the sauce**, **sugar** (see ingredients for both amounts) and **half** the **tomatoes**. Bring to the boil. Reduce the heat and simmer until slightly thickened, 5-6 mins, then stir in the **charred courgettes**.



Make the Koftas

Meanwhile, pop the **breadcrumbs** into a medium bowl. Add the **water for the breadcrumbs** (see ingredients for amount), **half** the **cumin**, **half** the **paprika** and season with **salt** and **pepper**. Add the **beef mince**. Mix with your hands until combined and shape into **2** sausage shapes per person. Flatten to make **koftas** and thread a **skewer** into each one. Pop onto a large baking tray and bake on the top shelf of your oven until browned on the outside and cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The koftas are cooked when no longer pink in the middle.



Serve

Once the **couscous** is cooked, fluff it up with a fork. Add the remaining **tomatoes** and **half** the **chopped parsley**, then season to taste. Stir together, then divide the **couscous** among your plates. Top with the **veg** and **2 koftas** per person. Sprinkle on the remaining **parsley**.

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.