

INGREDIENTS

2 PERSON | 4 PERSON





Apricot Jam



10 oz | 20 oz Ground Beef**



Scallions





2.5 oz | 5 oz Chicken Stock Israeli Couscous **Contains: Wheat**



Concentrates

¼ Cup | ½ Cup Panko Breadcrumbs **Contains: Wheat**



1 TBSP | 2 TBSP Tunisian Spice Blend



ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER

**In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package rest assured it contains the correct amount.



HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz Broccoli

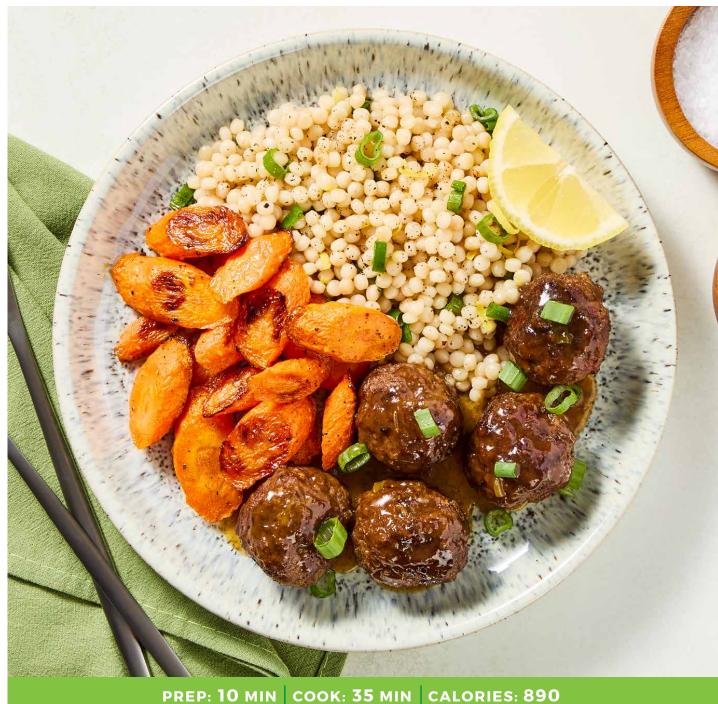


6 oz | 12 oz Asparagus

G Calories: 840 G Calories: 870

TUNISIAN-SPICED MEATBALLS

with Apricot Claze, Roasted Carrots & Scallion Couscous





HELLO

TUNISIAN SPICE BLEND

This warm, aromatic blend adds savory flavor to meatballs.

GLAZED OVER

When mixing the glaze, stir until the jam is mostly clump-free. When you add it to the pan in step 5, it should easily dissolve.

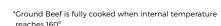
BUST OUT

- Peeler
- Small pot
- Zester
- Large bowl
- Small bowl
- Large pan
- · Baking sheet
- Kosher salt
- · Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
 Contains: Milk

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1 PREP & MIX GLAZE

- Adjust rack to top position and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut carrots on a diagonal into ½-inch-thick pieces. Trim and thinly slice scallions, separating whites from greens; mince whites. Zest and quarter lemon.
- In a small bowl, combine jam, half the stock concentrates (you'll use the rest later), and ¼ cup water (⅓ cup for 4 servings).
- S Cut broccoli into bite-size pieces if necessary or trim and discard woody bottom ends from asparagus. (Save

carrots for another use.)



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack, flipping halfway through, until browned and tender, 20-25 minutes.
- Swap in broccoli or asparagus for
 carrots; roast 12-15 minutes for broccoli or 10-12 minutes for asparagus.



3 COOK COUSCOUS

- Meanwhile, melt 1 TBSP butter (2 TBSP for 4 servings) in a small pot over mediumhigh heat. Add couscous and cook, stirring, until lightly toasted, 2-3 minutes.
- Stir in ¾ cup water (1½ cups for 4) and remaining stock concentrates. Bring to a boil, then cover and reduce heat to low. Cook until tender, 6-8 minutes.
- · Keep covered off heat until ready to serve.



4 MIX & FORM MEATBALLS

- While couscous cooks, in a large bowl, combine beef*, scallion whites, panko,
 Tunisian Spice Blend, and ¾ tsp salt (1½ tsp for 4 servings). Season with pepper.
- Form into 10-12 1½-inch meatballs (20-24 for 4).



5 COOK & GLAZE MEATBALLS

- Heat a drizzle of oil in a large pan over medium-high heat. Add meatballs and cook, turning occasionally, until browned all over, 4-6 minutes. TIP: If there's excess grease in your pan, carefully pour it out.
- Pour in jam mixture and bring to a simmer, then reduce heat to medium.
 Cover and cook until meatballs are cooked through and glazed, 5 minutes more.
- Stir in a squeeze of lemon juice to taste.
 TIP: If glaze is too thick, add a splash of water.



6 FINISH & SERVE

- Fluff couscous with a fork; stir in lemon zest, half the scallion greens, and 1 TBSP butter (2 TBSP for 4 servings). Season with salt and pepper.
- Divide couscous, carrots, and meatballs between plates. Top meatballs with remaining glaze from pan and remaining scallion greens. Serve with any remaining lemon wedges on the side.