

# Lebanese Beef & Fetta Meatballs

with Couscous Tabbouleh & Hummus Dressing

Grab your Meal Kit  
with this symbol



Garlic



Tomato



Baby Spinach  
Leaves



Parsley



Lemon



Beef Mince



Chermoula Spice  
Blend



Fine Breadcrumbs



Fetta Cubes



Vegetable Stock



Couscous



Hummus

 Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Get a load of this meal that's brimming with colour and flavour! With a herb-packed tabbouleh, mildly spiced beef meatballs and a creamy hummus dressing, all the elements come together for a delightful explosion of taste.

## Pantry items

Olive Oil, Egg, Butter



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
tomato	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
parsley	1 bag	1 bag
lemon	½	1
beef mince	1 small packet	1 medium packet
chermoula spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
egg*	1	2
fine breadcrumbs	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
hummus	1 tub (100g)	1 tub (200g)
water* (for the dressing)	1 tbs	2 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3466kJ (828Cal)	795kJ (190Cal)
Protein (g)	47.3g	10.8g
Fat, total (g)	45.9g	10.5g
- saturated (g)	17.4g	4g
Carbohydrate (g)	52.9g	12.1g
- sugars (g)	7.5g	12.1g
Sodium (mg)	1868mg	428mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

Finely chop the **garlic**. Finely chop the **tomato**. Roughly chop the **baby spinach leaves**. Roughly chop the **parsley**. Zest the **lemon** to get a good pinch and slice into wedges.

2



## Make the meatballs

In a large bowl, combine the **beef mince**, **chermoula spice blend**, the **salt**, **egg**, **fine breadcrumbs** and 1/3 of the **garlic**. Crumble in the **fetta cubes** and mix well. Using damp hands, shape heaped spoonfuls of the beef mixture into meatballs and set aside on a plate. You should get 4-5 meatballs per person.

3



## Cook the meatballs

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the meatballs, turning, until browned and cooked through, **8-10 minutes**.

4



## Cook the couscous

While the meatballs are cooking, melt the **butter** in a medium saucepan over a medium-high heat. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **vegetable stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.

5



## Finish the couscous

Add the **tomato**, **baby spinach**, **parsley** and **lemon zest** to the **couscous** and stir to combine. In a small bowl, combine the **hummus**, a good squeeze of **lemon juice** and the **water (for the dressing)**. Season to taste.

6



## Serve up

Divide the couscous tabbouleh between plates and top with the Lebanese meatballs. Drizzle with the hummus dressing. Serve with any remaining lemon wedges.

## Enjoy!