



SPEEDY BEEF KOFTA & COUS COUS

Serves 4 | Serves of Veg 3 | 0:30 Prep | 0:30 Cook



NUTRITION PANEL

| NUTRITION INFORMATION | | |
|-------------------------|------------------------------|----------------------------|
| Servings per package: 4 | | |
| Serving size: 400 g | | |
| | Average Quantity per Serving | Average Quantity per 100 g |
| Energy | 3320 kJ | 831 kJ |
| Protein | 53.9 g | 13.5 g |
| Fat, total | 35.6 g | 8.9 g |
| - saturated | 10.5 g | 2.6 g |
| Carbohydrate | 58.3 g | 14.6 g |
| - sugars | 16.3 g | 4.1 g |
| Sodium | 2340 mg | 586 mg |

SHOPPING LIST



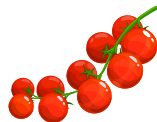
Carrot



Olive Oil



Cous cous



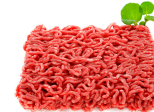
Cherry Tomato



Parsley



Moroccan Spice Blend



Beef Mince



Salt & Pepper



Butter



Vegetable Stock



Dried Cranberry



Garlic



Walnuts



Fine Breadcrumbs



Eggs



Greek Yoghurt

SCAN QR FOR MORE RECIPE IDEAS



Ingredients

- 2 carrot
- 2 tbsp butter
- 1 tbsp olive oil
- 2 vegetable stock cube or 2 tbsp powder
- 300g cous cous
- ½ cup dried cranberry
- 1 punnet cherry tomato
- 3 garlic, minced
- ½ bunch parsley
- ½ cup walnuts
- 500g beef mince, lean
- 2 tbsp Moroccan spice blend
- ⅔ cup fine breadcrumbs
- 2 eggs
- Salt & pepper
- 1 cup Greek-style yoghurt

Recipe Steps

1. Grate carrots
2. Heat a medium saucepan, add **butter & olive oil**. Once melted, add **grated carrot**, cooking for 2-3 mins until softened.
3. Crumble in **vegetable stock** & pour in **1 ½ cups water**. Bring to a boil.
4. Add **cous cous & dried cranberry**, stir to combine. Cover with lid & turn off heat. Allow cous cous to absorb the water, about 5 mins. Fluff up with a fork.
5. Meanwhile, halve the **cherry tomato**. Finely chop **garlic** (Tip: can use the fine grater side of box grater).
6. Pick & roughly chop the **parsley** leaves & roughly chop **walnuts**. Set aside.
7. To a mixing bowl; add **finely chopped garlic, beef mince, Moroccan spice blend, fine breadcrumbs, eggs & season to taste**. Tip: Dampen hands with water to prevent sticking & roll beef mixture into kofta shape - about 8cm long & 2.5cm thick, Should make 10-12.
8. In a large frying pan, drizzle a little **olive oil** & heat to medium high heat.
9. Cook **koftas** in batches (to avoid over filling pan), turning until browned on all sides & cooked through - about 10-12 mins. Allow to rest on late covered with foil to keep them warm.
10. Fluff up **cooked cous cous** with a fork & fold in **halved cherry tomato & chopped parsley**. Season to taste.
11. To serve: plate up cous cous & top with beef koftas. Add dollop of Greek-style yoghurt on top.