



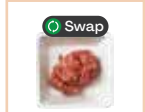
Grilled Harissa Beef and Pork Koftas

with Herby Couscous and Roasted Pepper Hummus

Family Friendly

Grill

20 - 30 Minutes



Ground Turkey
250g | 500g

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



- Ground Beef and Pork Mix
250 g | 500 g
- Couscous
½ cup | 1 cup
- Panko Breadcrumbs
¼ cup | ½ cup
- Harissa Spice Blend
1 tbsp | 2 tbsp
- Parsley
7 g | 14 g
- Mini Cucumber
1 | 2
- Mint
7 g | 7 g
- Lemon
1 | 1
- Hummus
4 tbsp | 8 tbsp
- Sweet Bell Pepper
1 | 2
- Vegetable Stock Powder
1 tbsp | 2 tbsp
- Roasted Pepper Pesto
¼ cup | ½ cup

You have been entered for a chance to win **1 OF 25 FREE VIDA BBQS!**

Keep ordering from the summer menu throughout June to get more chances to win. Every order of a summer menu recipe gets you an entry into the contest.

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. *Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Pantry items | Oil, salt, pepper

Cooking utensils | 2 Large bowls, measuring cups, measuring spoons, medium bowl, small bowl, small pot, zester

1



Cook couscous

- Before starting, wash and dry all produce.
- Lightly oil the grill. While you prep, preheat the grill to medium-high (approx. 500°F).
- Add $\frac{3}{4}$ cup (1 $\frac{1}{3}$ cups) **water**, **stock powder** and **1 tbsp** (2 tbsp) **oil** to a small pot. (TIP: We love to use olive oil in this recipe!). Cover and bring to a boil over high heat.
- Stir **couscous** into the **boiling water**. Cover and remove from heat.
- Set aside for eat least 5 min, or until ready to assemble at the end.

2



Prep

- Meanwhile, quarter, then core **pepper**.
- Add **peppers** to a plate, then drizzle all over with $\frac{1}{2}$ **tbsp** (1 tbsp) **oil**. Season with **salt** and **pepper**.
- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Quarter **cucumber** lengthwise, then cut into $\frac{1}{2}$ -inch pieces.
- Roughly chop **mint leaves**.
- Roughly chop **parsley**.

3



Finish prep

- Add **cucumbers**, **lemon juice**, **half the lemon zest** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to combine.
- In a small bowl, combine **hummus** and **roasted pepper pesto**.

4



Form koftas

Swap | Ground Turkey

- Add **meat**, **breadcrumbs**, **Harissa Spice Blend** and **remaining lemon zest** to another large bowl. (TIP: If you prefer more tender koftas, add an egg to the mixture!) Season with **pepper**, then combine.
- Form **koftas** into **six** (twelve) **2-inch wide patties**, then place on a plate.
- Gather **peppers**, **koftas**, a clean plate for **cooked koftas** and any tools, then head out to grill!

5



Grill peppers and patties

- Add **koftas** to one side of the grill. Close lid and grill **koftas**, flipping once, until cooked through, 3-4 min per side.** Transfer cooked **koftas** to the clean plate.
- Meanwhile, add **peppers** to grill. Close lid and grill **peppers**, flipping once, until tender, 3-4 min. Return **peppers** to the same plate.

6



Finish and serve

- Roughly chop **grilled peppers**.
- Fluff **couscous** with a fork.
- Add **peppers**, **couscous**, **mint** and **parsley** to the bowl with **cucumbers**, then toss to combine.
- Divide **herby couscous** between plates.
- Top with **grilled koftas**, then dollop **roasted red pepper hummus** over top.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

4 | Form koftas

Swap | Ground Turkey

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook the **beef and pork mix**.**

** Cook to a minimum internal temperature of 74°C/165°F.