



Scotland Island Gourmet Fresh

Beef Koftas with Couscous and Harissa Yoghurt

Prep 10 mins
Cook 30 mins
Total 40 mins

Pantry
Water, olive oil, salt and pepper

Ingredients (listed as they are used in the recipe)

	2 People	4 People
Olive oil	1 tbls	2 tbls
Red onion (finely chopped)	1	2
Garlic (crushed)	1	2
Red capsicum (chopped)	1	2
Beef mince	300g	600g
Panko breadcrumbs	10g	20g
Harissa paste	1 tbls	2 tbls
Couscous	120g	240g
Water	240g	480g
Vegetable stock paste	2 tsp	1 tbls
Greek Yoghurt	1 tub	2 tubs
Mint (chopped, leaves only)	½ bunch	1 bunch
Baby plum tomatoes (chopped)	100g	200g
Lemon (zested and juiced)	1	2

1/ Heat some olive oil in a frying pan and add the red onion and garlic, fry till it starts to brown, approx. 4 – 5 mins. Add the red capsicum and fry until it softens, approx. 3- 4 mins. Once cooked remove from heat and leave to the side.

2/ In a mixing bowl mix together the mince and the panko breadcrumbs and half of the Harissa paste. Season with salt and pepper. Shape into cylinder shaped meatballs (4 per person)
IMPORTANT. Wash your hands after handling raw meat.

3/ Pop the cous cous into a pan, add the boiled water and the vegetable stock paste and put a lid on top. Leave to one side for 8 – 10 minutes or until you are ready to serve.

4/ Heat the remaining olive oil in the frying pan and cook the koftas, turning frequently until they are evenly browned, approx. 15 – 20 mins.

5/ Mix the remaining Harissa paste in a bowl with the Greek yoghurt and set to the side. In a separate bowl add chopped tomatoes, and mint, a squeeze of lemon juice and season with salt and pepper.

6/ Remove the lid from the cous cous and fluff with a fork. Add lemon zest and some of the lemon juice according to personal taste, I like lots of lemon. Add the cooked onion and capsicum and mix it all together.

7/ To serve divide the cous cous between the plates, top with the koftas and a helping of the tomato salad. Pop a generous dollop of the Harissa yoghurt on top, absolutely and utterly delicious, my mouth is watering writing this recipe.

Disclaimer, all ingredients may contain trace elements of nuts.
Please ensure that all vegetables are washed prior to use.