



## Pork Koftas

with Couscous

Juicy pork koftas on a bed of pearl couscous with sweet capsicum and fresh mesclun leaves, served with a garlic yoghurt sauce.



30 minutes



2 servings



Pork

## FROM YOUR BOX

PEARL COUSCOUS	150g
PORK MINCE	500g
RED CAPSICUM	1
MESCLUN LEAVES	60g
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub

## FROM YOUR PANTRY

oil for cooking, salt and pepper

## NOTES

You can toss the salad ingredients with pearl couscous and dressing of choice. Add crumbled feta cheese or goats cheese, pine nuts, olives or sun-dried tomatoes for a burst of flavour. Fresh sliced cucumber or radishes as well as fresh herbs like mint, parsley or coriander work well in the salad.

**No gluten option – pearl couscous is replaced with quinoa.** Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press down in a sieve to squeeze out excess liquid.

## 1. COOK THE PEARL COUSCOUS

Bring a saucepan with water to a boil. Add **pearl couscous** and cook for 8 minutes or until tender but still firm. Drain and rinse in cold water.

**TIP** *You can stir through a dried herb such as parsley or mint, lemon zest or juice, chilli flakes, ground turmeric or sumac for flavour. We added 1 tsp dried parsley.*

## 2. COOK THE KOFTAS

Season **pork mince** with **salt and pepper** (see tip). Heat a frypan over medium-high heat with **oil**. Shape 1–2 tbsp size koftas (or meatballs) and add to pan. Cook for 8–10 minutes, while turning, or until cooked through.

**TIP** *We added 2 tsp smoked paprika, 1 tsp ground coriander and 1/4 tsp ground cinnamon to the pork mixture. You can add ground cumin or cumin seeds. Add some diced onion or garlic for extra flavour.*

## 3. PREPARE THE SALAD AND YOGHURT

Slice **capsicum** and combine with **mesclun leaves**. Crush **garlic clove** and combine with **yoghurt**. Season with **salt and pepper**.

**TIP** *You can add extra flavour to the yoghurt by stirring in a ground spice, harissa paste, chutney or relish. Add 1 tbsp water to loosen to a drizzling consistency if preferred.*

## 4. FINISH AND SERVE

Serve pork koftas with pearl couscous, salad and yoghurt sauce.

**This recipe has simplified instructions to help lower your meal cost.**