



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



4 servings



Pork

FROM YOUR BOX

PEARL COUSCOUS	300g
ZUCCHINI	1
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 2 tsp dried parsley.*

2. COOK THE KOFTAS

Grate **zucchini** and squeeze out excess water. Combine with **pork mince**, seasoning of choice (see tip), **salt and pepper**. 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 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.