



Spiced Harissa Beef Stew and Couscous

with Spinach and Greek Yoghurt

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

9



Beef Mince



Tomato Passata



Harissa Paste



Roasted Spice and Herb Blend



Red Wine Stock Paste



Couscous



Chicken Stock Paste



Baby Spinach



Greek Style Natural Yoghurt

Pantry Items

Oil, Salt, Pepper, Honey

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Frying pan, kettle, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Tomato Passata	1 carton	1½ cartons	2 cartons
Harissa Paste 14)	50g	75g	100g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Red Wine Stock Paste 14)	28g	42g	56g
Couscous 13)	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	40g	100g	100g
Greek Style Natural Yoghurt** 7)	75g	120g	150g
Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml
Honey*	½ tbsp	¾ tbsp	1 tbsp
Boiled Water for the Couscous*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	518g	100g
Energy (kJ/kcal)	3000/717	579/138
Fat (g)	33.3	6.4
Sat. Fat (g)	11.9	2.3
Carbohydrate (g)	66.2	12.8
Sugars (g)	18.1	3.5
Protein (g)	39.0	7.5
Salt (g)	4.03	0.78

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Fry the Mince

Heat a large, wide-bottomed pan on high heat (no oil).

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks.

IMPORTANT: Wash your hands and equipment after handling raw mince.



Kettle On

Meanwhile, boil a half-full kettle.

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.



Sauce Things Up

Stir the **passata**, **harissa paste**, **roasted spice and herb blend**, **red wine stock paste**, **water for the sauce** and **honey** (see pantry for both amounts) into the **beef**.

Bring to the boil, then lower the heat to a simmer. Simmer until thickened, 10-15 mins. **IMPORTANT:** The mince is cooked when no longer pink in the middle.

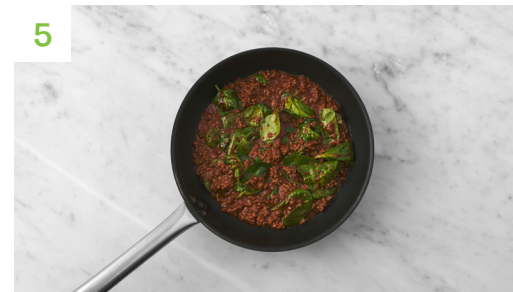


Couscous Time

While your **stew** simmers, put the **couscous** in a large bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **chicken stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



Add the Spinach

Once the **stew** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.



Serve Up

When everything's ready, fluff up the **couscous** with a fork and share between your serving bowls.

Top with your **harissa beef stew** and drizzle over the **yoghurt** to finish.

Enjoy!