



# Harissa Beef and Chickpea Stew

with Buttery Couscous and Cheese

**Super Quick** 15 Minutes • **Mild Spice** • 1 of your 5 a day

8



Couscous



Chicken Stock Paste



British Beef Mince



Roasted Spice and Herb Blend



Chickpeas



Tomato Puree



Harissa Paste



Beef Stock Paste



Honey



Grated Hard Italian Style Cheese

**Pantry Items**

Oil, Salt, Pepper, Butter, Sugar

## 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

Kettle, saucepan, lid and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Chicken Stock Paste	10g	15g	20g
Couscous <b>13</b> )	120g	180g	240g
British Beef Mince**	240g	360g	480g
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Chickpeas	1 carton	1½ cartons	2 cartons
Tomato Puree	30g	45g	60g
Harissa Paste <b>14</b> )	50g	75g	100g
Beef Stock Paste	10g	15g	20g
Honey	15g	22g	30g
Grated Hard Italian Style Cheese** <b>7) 8</b> )	20g	30g	40g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Butter*	20g	30g	40g
Sugar*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>477g</b>	<b>100g</b>
Energy (kJ/kcal)	3646 / 871	764 / 183
Fat (g)	43.3	9.1
Sat. Fat (g)	17.0	3.6
Carbohydrate (g)	71.5	15.0
Sugars (g)	15.8	3.3
Protein (g)	46.7	9.8
Salt (g)	3.62	0.76

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

## Allergens

**7)** Milk **8)** Egg **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, mollusc, 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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## Quick Prep

- Boil a half-full kettle.
- Add the **boiled water** and **butter** (see pantry for both) along with the **chicken stock paste** into a saucepan. Bring to the boil.
- Remove from the heat. Stir in the **couscous**. Cover.
- Leave to the side for 8-10 mins.



## Flavour Time

- Add the **chickpeas** and their **liquid** to the **beef**.
- Stir in the **tomato puree**, **harissa**, **beef stock paste**, **honey** and **sugar** (see pantry). **TIP:** Put hardened honey in hot water for 1 min.
- Lower the heat. Simmer, 3-4 mins.



## Fry Mince

- Meanwhile, heat a frying pan on medium-high heat (no oil).
- Once hot, fry the **beef mince** and **roasted spice and herb blend**, 5-6 mins.
- Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.
- In the meantime, open the remaining sachets.



## Dinner's Ready!

- Share the **couscous** and **stew** between your bowls.
- Sprinkle over the **cheese**.

## Enjoy!