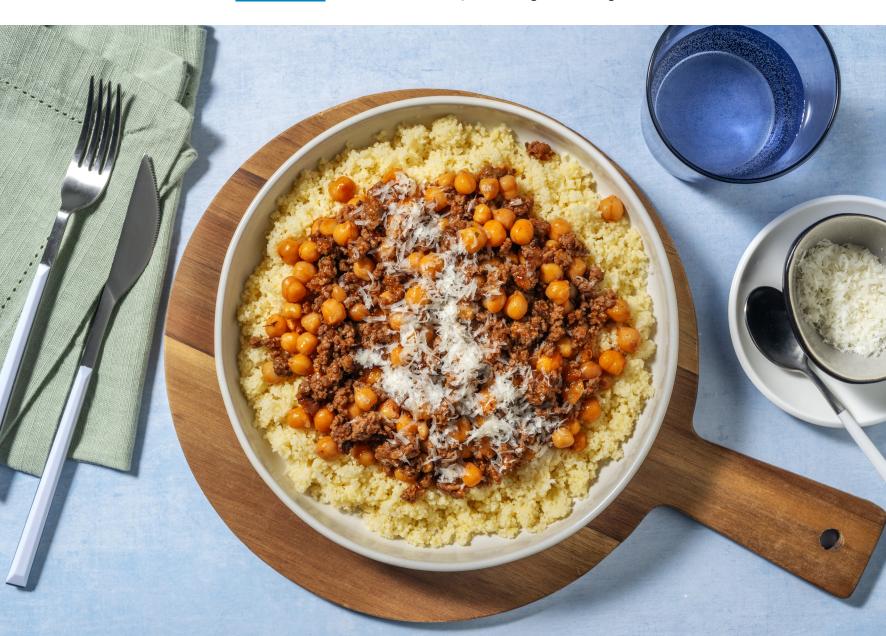


# Harissa Beef and Chickpea Stew

with Buttery Couscous and Cheese

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















Roasted Spice and Herb Blend



Chickpeas



Tomato Puree



Harissa Paste





Honey



**Grated Hard** Italian Style Cheese

Beef Stock

## 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 and frying pan.

## Ingredients

3. 5				
Ingredients	2P	3P	4P	
Chicken Stock Paste	10g	15g	20g	
Couscous 13)	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 14)	50g	75g	100g	
Beef Stock Paste	10g	15g	20g	
Honey	15g	22g	30g	
Grated Hard Italian Style Cheese** 7) 8)	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
for uncooked ingredient	477g	100g
Energy (kJ/kcal)	3647 /872	765 /183
Fat (g)	43.3	9.1
Sat. Fat (g)	17.0	3.6
Carbohydrate (g)	71.5	15.0
Sugars (g)	15.5	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.
- Set aside, for 8-10 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.



### 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.



# Dinner's Ready!

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

## Enjoy!