



# Speedy Harissa Beef and Chickpea Stew

with Buttery Couscous and Cheese

8

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



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



Ready in just 15 minutes, this Speedy Harissa Beef and Chickpea Stew is spicy and vibrant. Harissa is widely used in Middle Eastern and North African cuisine, containing dried chillies, star anise, cumin and coriander.

#### 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Couscous <b>13</b> )	120g	180g	240g
Chicken Stock Paste	10g	15g	20g
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
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	20g	30g	40g
Boiled Water for the Couscous*	200ml	300ml	400ml
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)	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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

♻️ You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Quick Prep

- Boil a half-full kettle.
- Pop a saucepan on high heat. Add the **butter** and **boiled water for the couscous** (see pantry for both). Bring to the boil.
- Remove from the heat and stir in the **couscous** and **chicken stock paste**.
- Cover, then 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!