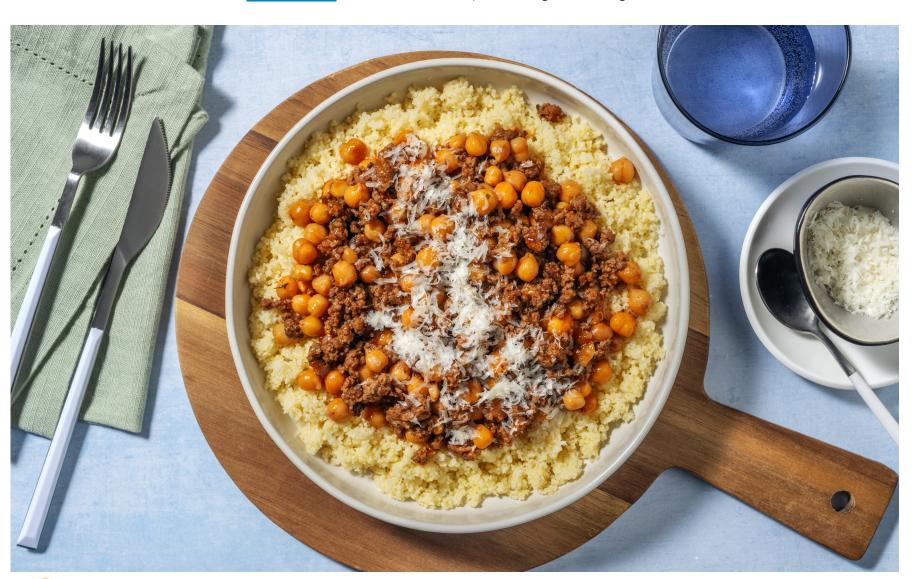


Speedy Harissa Beef and Chickpea Stew with Buttery Couscous and Cheese

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









Chicken Stock













Tomato Puree



Harissa Paste





Honey



Grated Hard Italian Style Cheese



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

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|--|----------|------------|-----------|--|
| Ingredients | 2P | 3P | 4P | |
| Couscous 13) | 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 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 | |
| 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 |
|-------------------------|-------------|----------|
| 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.
- 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.



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!