



# Super Quick Chermoula Spiced Beef

with Couscous, Spinach and Yoghurt

Super Quick 15 Minutes • Mild Spice

8



British Beef Mince



Couscous



Chicken Stock Paste



Tomato Puree



Ground Cumin



Chermoula Spice Mix



Sun-Dried Tomato Paste



Baby Spinach



Greek Style Natural Yoghurt



Toasted Flaked Almonds



Ready in just 15 minutes, this Super Quick Chermoula Spiced Beef is spicy and vibrant. Chermoula spice mix is widely used in North African cuisine, fragrant with paprika, turmeric and coriander.

#### Pantry Items

Oil, Salt, Pepper, Honey, Butter

## 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 and frying pan.

## Ingredients

Ingredients	2P	3P	4P
British Beef Mince**	240g	360g	480g
Couscous <b>13</b>	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Tomato Puree	30g	45g	60g
Ground Cumin	1 sachet	1 sachet	2 sachets
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Baby Spinach**	40g	100g	100g
Greek Style Natural Yoghurt** <b>7</b>	75g	150g	150g
Toasted Flaked Almonds <b>2</b>	15g	25g	30g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Honey*	1½ tbsp	2½ tbsp	3 tbsp
Butter*	20g	30g	40g
Water for the Sauce*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>458g</b>	<b>100g</b>
Energy (kJ/kcal)	3206 /766	700 /167
Fat (g)	39.9	8.7
Sat. Fat (g)	17.1	3.7
Carbohydrate (g)	62.4	13.6
Sugars (g)	16.8	3.7
Protein (g)	41.0	9.0
Salt (g)	3.14	0.69

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

## Allergens

**2)** Nuts **7)** Milk **13)** Cereals containing gluten

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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## Get Frying

- Boil a half-full kettle.
  - While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
  - Once hot, fry the **beef**, 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.



## Flavour Town

- Next, add the **tomato puree**, **cumin** and **chermoula** to the **beef**. Cook, 1 min.
- Stir in the remaining **chicken stock paste**, **sun-dried tomato paste**, **honey**, **butter** and **water** (see pantry for all three amounts). Bring to the boil and simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's too thick.



## Couscous Time

- Meanwhile, put the **couscous** in a bowl.
- Pour in the **boiled water** (see pantry). Stir in **half** the **chicken stock paste**.
- Cover tightly with cling film. Leave until ready to serve.
- In the meantime, open the remaining sachets.



## Dinner's Ready!

- Fluff up the **couscous**, then share between your bowls.
- Top with the **beef**.
- Drizzle over the **yoghurt**.
- Finish with a sprinkle of **flaked almonds**.

## Enjoy!