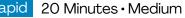


# Honey Chermoula Beef

with Pepper and Lemon Couscous













Garlic Clove





Bell Pepper



Chicken Stock



Couscous

Paste



Chermoula Spice



Lemon & Herb Seasoning



Tomato Passata



Honey



Toasted Flaked Almonds



### Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

# Cooking tools

Kettle, garlic press, fine grater, bowl, cling film and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Lemon**	1	1½	2
Bell Pepper***	1	11/2	2
Couscous 13)	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Beef Mince**	240g	360g	480g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Lemon & Herb Seasoning	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Honey	15g	23g	30g
Toasted Flaked Almonds <b>2)</b>	15g	25g	30g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to quarantee you get the best quality pepper.

#### Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	441g	100g
Energy (kJ/kcal)	2745 /656	623 / 149
Fat (g)	26.6	6.0
Sat. Fat (g)	9.4	2.1
Carbohydrate (g)	68.2	15.5
Sugars (g)	18.2	4.1
Protein (g)	40.0	9.1
Salt (g)	3.12	0.71

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

# **Allergens**

2) Nuts 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, milk, egg, mustard, celery, soya, 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.

#### Contact

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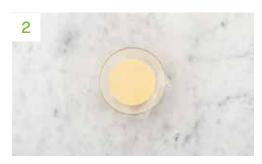
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Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ





- a) Boil a full kettle.
- b) Meanwhile, peel and grate the garlic (or use a garlic press).
- c) Zest and cut the lemon into wedges.
- d) Halve the pepper and discard the core and seeds. Slice into thin strips.



#### **Couscous Time**

- a) Put the couscous in a bowl.
- b) Pour the boiled water for the couscous (see pantry for amount) from your kettle into the bowl and stir in half the chicken stock paste.
- c) Cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



# Fry the Beef

- a) Meanwhile, heat a drizzle of oil in a large frying pan on medium-high heat.
- **b)** Once hot, add the **pepper** and fry until starting to soften, 2-3 mins.
- c) Add the **beef mince** and fry until browned, 5-6 mins. Use a spoon to break up the **mince** as it cooks, then drain and discard any excess fat. **IMPORTANT:** Wash your hands and equipment after handling raw mince. It's cooked when no longer pink in the middle.



# Bring on the Flavour

- a) Add the garlic, chermoula spice mix and lemon & herb seasoning to the pan. Cook until fragrant, 30 secs.
- b) Stir in the passata and remaining chicken stock paste. Bring to a boil, then lower to a simmer.
- c) Cook until the sauce has thickened slightly, 3-4 mins.



# **Zest Things Up**

- a) Meanwhile, once the couscous is ready, fluff it up with a fork.
- b) Add a drizzle of olive oil, the lemon zest and a squeeze of lemon juice. Stir to combine.
- c) Just before you're ready to serve, add the honey and a squeeze of lemon juice to the beef mixture. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.
- d) Cook until glossy, 1 min. Taste and season with salt and pepper.



# Finish and Serve

- a) Share your lemon couscous between your plates and top with the honey chermoula beef.
- b) Finish with a scattering of the toasted flaked almonds.
- c) Serve with any remaining lemon wedges for squeezing over.

# Enjoy!