



# Honey Chermoula Beef with Pepper and Lemon Couscous

**Rapid** 20 Minutes • Medium Spice • 2 of your 5 a day

14



Garlic Clove



Lemon



Bell Pepper



Couscous



Chicken Stock  
Paste



Beef Mince



Chermoula Spice  
Mix



Lemon & Herb  
Seasoning



Tomato Passata



Honey



Toasted Flaked  
Almonds

**Pantry Items**  
Oil, Salt, Pepper

## 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	1½	2
Couscous <b>13)</b>	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 guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 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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## Get Prepped

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



## Bring on the Flavour

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



## Couscous Time

- Put the **couscous** in a bowl.
- 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**.
- Cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



## Zest Things Up

- Meanwhile, once the **couscous** is ready, fluff it up with a fork.
- Add a drizzle of **olive oil**, the **lemon zest** and a squeeze of **lemon juice**. Stir to combine.
- 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.
- Cook until glossy, 1 min. Taste and season with **salt** and **pepper**.



## Fry the Beef

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **pepper** and fry until starting to soften, 2-3 mins.
- 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.



## Finish and Serve

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

## Enjoy!