

Middle Eastern Style Beef Stew

with Charred Courgettes, Couscous and Feta

CLASSIC 35 Minutes • Medium Spice • 1.5 of your 5 a day







Beef Mince



Red Pepper



Courgette

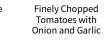


Lemon



Chermoula Spice







Beef Stock Powder



Couscous



Feta Cheese

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Two Frying Pans, Fine Grater and Measuring Jug.

Ingredients

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	2P	3P	4P
Beef Mince**	240g	360g	480g
Red Pepper**	1	2	2
Courgette**	1	1	2
Lemon**	1/2	1	1
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Beef*	150ml	200ml	300ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Couscous 13)	120g	180g	240g
Water for the Couscous*	240ml	360ml	480ml
Feta Cheese 7)**	1 block	1½ blocks	2 blocks

Nutrition

*Not Included ** Store in the Fridge

	Per serving	Per 100g
for uncooked ingredient	650g	100g
Energy (kJ/kcal)	3199 /765	493/118
Fat (g)	32	5
Sat. Fat (g)	17	3
Carbohydrate (g)	69	11
Sugars (g)	24	4
Protein (g)	46	7
Salt (g)	3.88	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

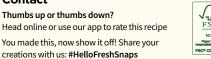
7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Brown the Beef

Heat a drizzle of **oil** in a frying pan on high heat. When the oil is hot, add the beef mince. As it browns, break it up with a wooden spoon and cook for 5-6 minutes. IMPORTANT: The mince is cooked when it is no longer pink in the middle.



2. Prep the Veggies

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the courgette then slice into rounds about 1cm thick. Zest and halve your **lemon**. **TIP:** You can zest your lemon with a fine grater.



3. Cook the Stew

Once the beef has browned, add the pepper. Stir together and cook until starting to soften, 6-7 mins. Add the chermoula, stir and cook for one minute more. Pour in the **chopped tomatoes** and **water** (see ingredients for amount), then stir in the stock **powder**. Bring to the boil, then reduce the heat to medium-low. Leave the stew to simmer until thick and tomatoey, 15-20 mins.



4. Soak the Couscous

Meanwhile, boil your kettle. Put the couscous in a bowl. Add the **lemon zest**, a drizzle of **olive** oil and season with salt and pepper. Pour the boiling water for the couscous (see ingredients for amount) into the bowl, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



5. Char the Courgette

Meanwhile, heat another frying pan on high heat (no oil). Add the courgette and leave to cook until charred, 4-5 mins each side. Transfer to a plate, sprinkle with salt and pepper and set aside. Crumble the feta.



6. Season and Serve

Taste the **stew** and season to taste with **salt** and pepper if needed then fluff up the couscous with a fork. Taste and add **lemon juice** if you like things zesty. Divide between bowls, spoon over the **beef** stew and finish with some charred courgette and top with the feta.

Enjoy!