



Middle Eastern Style Beef Stew

with Charred Courgettes, Couscous and Feta

Classic 35 Minutes • Medium Spice • 1 of your 5 a day

N° 2



Beef Mince



Courgette



Garlic Clove



Chermoula Spice



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Powder



Harissa Paste



Couscous



Chicken Stock Powder



Feta Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Frying Pan, Wooden Spoon, Garlic Press, Measuring Jug, Kettle, Bowl, Plate.

Ingredients

| | 2P | 3P | 4P |
|---|----------------|----------------|-----------------|
| Beef Mince** | 240g | 360g | 480g |
| Courgette** | 1 | 2 | 2 |
| Garlic Clove | 1 | 2 | 2 |
| Chermoula Spice | 1 small sachet | 1 large sachet | 2 small sachets |
| Finely Chopped Tomatoes with Onion and Garlic | 1 carton | 1½ cartons | 2 cartons |
| Water for Beef* | 150ml | 200ml | 300ml |
| Beef Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Harissa Paste | 1 sachet | 1½ sachets | 2 sachets |
| Couscous 13 | 120 | 180g | 240g |
| Chicken Stock Powder | 1 sachet | 2 sachets | 2 sachets |
| Water for the Couscous* | 240ml | 360ml | 480ml |
| Feta Cheese 7 ** | 100g | 150g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 573g | 100g |
| Energy (kJ/kcal) | 3473 /830 | 606 /145 |
| Fat (g) | 40 | 7 |
| Sat. Fat (g) | 17 | 3 |
| Carbohydrate (g) | 69 | 12 |
| Sugars (g) | 21 | 4 |
| Protein (g) | 46 | 8 |
| Salt (g) | 5.07 | 0.89 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

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Brown the Beef

Heat a drizzle of **oil** in a frying pan on medium-high heat. When the **oil** is hot, add the **beef mince** and cook until browned, 5-6 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw mince.* Use a wooden spoon to break it up as it cooks. Drain and discard any excess fat from the **beef**, then season with **salt** and **pepper**. **IMPORTANT:** *The mince is cooked when no longer pink in the middle.*



Prep the Veg

Trim the **courgette** then slice into rounds about 1cm thick. Peel and grate the **garlic** (or use a garlic press).



Cook the Stew

Once the **beef** has browned, add the **chermoula** and **garlic**. Stir and cook for 1 minute more. Pour in the **chopped tomatoes** and **water** (see ingredients for amount), then stir in the **beef stock powder** and **harissa paste**. Bring to the boil, then reduce the heat to medium-low. Leave the **stew** to simmer until thick and tomatoey, 15-20 mins.



Cook the Couscous

Meanwhile, boil your kettle. Put the **couscous** in a bowl. Add the **chicken stock powder** and 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. Stir together, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



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**.



Season and Serve

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.