







More Than Food  
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## Spiced Beef Ragout with Couscous and Flaked Almonds

The word ragout comes from the French word meaning 'to revive the flavour'. So, jump right in and have yourself a flavour revival with André's North African twist on minced beef! The texture of this dish is just sensational - with those flaked almonds to give it a crunch and that fluffy couscous to give it a... fluff!



40 mins



spicy



4.5 of your  
5 a day



Beef Mince  
(250g)



Red Onion  
(1)



Garlic Clove  
(1)



Red Pepper  
(1)



Ras-el-Hanout  
(1 tbsp)



Chopped Tomatoes  
(1 tin)



Beef Stock Pot  
(1)



Couscous  
(150g)



Water (300ml)



Courgette  
(1)



Coriander  
(1 bunch)



Flaked Almonds  
(25g)

## 2 PEOPLE INGREDIENTS

- Beef mince **250g**
- Red onion, chopped **1**
- Garlic clove, grated **1**
- Red Pepper, sliced **1**
- Ras-el-Hanout **1 tsp**
- Chopped tomatoes **1 tin**
- Beef stock pot **1**
- Couscous **150g**
- Water **300ml**
- Courgette, sliced **1**
- Coriander, chopped **1 bunch**
- Flaked almonds **25g**

🌱 Our fruit and veggies may need a little wash before cooking!

### Did you know...

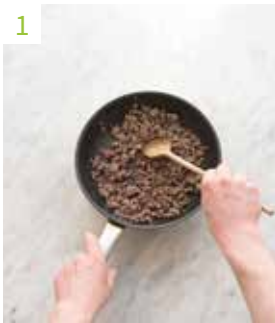
A ragout was traditionally an Italian tomato sauce but has now been adopted by many nations!

**Allergens:** Nut, Gluten.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	643 kcal / 2709 kJ	21 g	3 g	71 g	14 g	47 g	3 g
<b>Per 100g</b>	93 kcal / 392 kJ	3 g	0 g	10 g	2 g	7 g	0 g

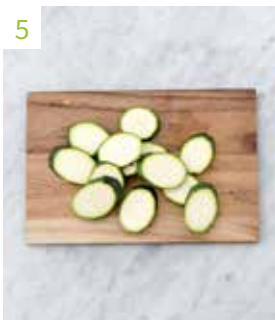
**Beef Stock Pot:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



**1** Heat a wide frying pan over high heat with a drizzle of **oil**. When the oil is hot, add the **beef mince**. Break it up with a wooden spoon, season with **salt** and **black pepper** and cook for 7 mins or until nicely brown. Get on with the rest of your prep whilst it cooks away.



**2** Cut the **red onion** in half through the root. Peel and then chop into 1cm cubes or as small as you can. Peel and grate the **garlic** (or use a garlic press if you have one). Remove the core from the **red pepper** and slice as thinly as possible.



**3** Once your **beef** has browned, add your **onion**, **pepper** and the **ras-el-hanout** and cook for another 5 mins. Add your **garlic** and then cook for 1 minute before pouring in the **chopped tomatoes**. Half fill the empty tin(s) with **water** and add to the pan. Stir in the **beef stock pot** and bring to the boil. Once boiling, reduce the heat to medium-low and leave to simmer for 20 mins. This is your ragout!



**4** While your ragout cooks, put your kettle on to boil. Add the **couscous** to a bowl and season with a pinch of **salt** and a good grind of **black pepper**. Mix in a drizzle of **olive oil** and then pour in the **boiling water** (amount specified in the ingredient list). Cover the bowl with clingfilm or a plate and leave for 10 mins.

**5** Cut the top and bottom off the **courgette** and then cut into 1cm thick angled slices (see pic). Roughly chop the **coriander**.

**6** Heat another frying pan over medium heat (no oil) and toast the **flaked almonds** for 3 mins or until golden brown, then remove from the pan. **Tip:** *Watch the almonds like a hawk, they burn very easily!*

**7** Once your **almonds** are out of the pan, increase the heat to high and cook your **courgette** for 5 mins on each side (without any oil). Once nicely charred, remove your **courgette** from the pan and keep to the side.

**8** Check your **ragout** for seasoning and add more **salt** and **pepper** if necessary then stir through your **coriander**.

**9** Put a spoonful of **couscous** into your bowls and then pop a couple of **courgettes** on top. Finish with your **spiced beef ragout** and a sprinkle of **toasted almonds**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!