






More Than Food
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Middle Eastern Spiced Beef Ragout with Couscous, Coriander 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 Middle Eastern 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

 lactose free

 healthy



Beef Mince (500g)



Red Onion (2)



Garlic Clove (2)



Red Pepper (2)



Ras-el-Hanout (2 tbsp)



Organic Chopped Tomatoes (2 tins)



Beef Stock Pot (2)



Couscous (300g)



Boiling Water (600ml)



Courgette (2)



Coriander (10 tbsp)




Flaked Almonds (50g)

4 PEOPLE INGREDIENTS

- Beef Mince
- Red Onion, chopped
- Garlic Clove, grated
- Red Pepper, chopped
- Ras-el-Hanout
- Organic Chopped Tomatoes

500g
2
2
2
2 tbsp
2 tins

- Beef Stock Pot
 - Couscous
 - Boiling Water
 - Courgette, sliced
 - Coriander, chopped
 - Flaked Almonds
- 2
300g
600ml
2
10 tbsp
50g

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

Did you know...

For maximum flavour, coriander is best added to dishes just before serving.

Allergens: Gluten, Nut.

Nutritional Value per total cooked weight per person

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	588 kcal / 2486 kJ	14 g	2 g	72 g	16 g	47 g	2 g

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

1



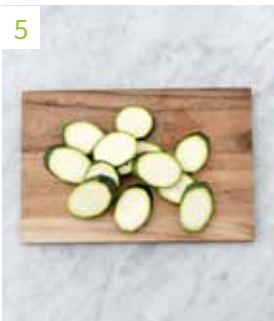
1 Heat a wide frying pan over a high heat and add a splash of **oil**. When the **oil** is hot, add the **beef mince** to the pan. Break it up with a wooden spoon, season with **salt** and **black pepper** and cook for 7 mins or until nicely browned. Get on with the rest of your prep as it cooks away.

2



2 Cut the **red onion** in half through the root. Peel and then chop into ½cm cubes or as small as you can. Peel and grate the **garlic**. Remove the core from the **red pepper** and slice as thinly as you can.

5



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

4 While the **beef** cooks away, pop the **couscous** in a bowl and season with a pinch of **salt** and a good grind of **black pepper**. Mix in a glug of **olive oil** and then pour in the boiling water (as specified in the table above). Cover the bowl with clingfilm or a plate and leave for 10 mins.

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

6



6 Heat another frying pan over medium heat and toast the **flaked almonds** for 3 mins or until golden brown. **Tip:** Watch the almonds like a hawk, they burn very easily!

7 Once the **almonds** are out of the pan, increase the heat to high and cook the **courgettes** for 5 mins on each side. Once nicely charred, remove your **courgettes** from the pan and keep until later.

8 Check the seasoning of the ragout and add more **salt** and **pepper** if you feel it needs it. Stir in your **coriander** and get ready to serve.

9 Spoon a bed of **couscous** into a bowl and then pop a couple of charred **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!