



# Middle Eastern-Style Beef Stew

with Charred Courgettes, Couscous and Feta

**Family** Hands On Time: 20 Minutes • Total Time: 35 Minutes • Medium Spice • 1 of your 5 a day

9



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:

Two Frying Pans, Fine Grater (or Garlic Press) and Measuring Jug.

## Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Courgette**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
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 Beef*	150ml	200ml	300ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Harissa Paste	1 sachet	1½ sachets	2 sachets
Couscous <b>13</b>	120g	180g	240g
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Water for the Couscous*	240ml	360ml	480ml
Feta Cheese <b>7</b> **	1 block	1½ blocks	2 blocks

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>575g</b>	<b>100g</b>
Energy (kJ/kcal)	3515/840	612/146
Fat (g)	39	7
Sat. Fat (g)	17	3
Carbohydrate (g)	70	12
Sugars (g)	23	4
Protein (g)	47	8
Salt (g)	5.05	0.88

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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## Brown the Beef

Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince**, breaking it up with a wooden spoon as it cooks, 5-6 mins. **TIP:** *Drain off any excess fat. **IMPORTANT:** The mince is cooked when it is 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**, topped with **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.