







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



Beef Mince
(250g)



Red Onion
(1)



Garlic Clove
(1)



Red Pepper
(1)



Ras-el-Hanout
(1 tbsp)



Organic Chopped
Tomatoes (1 tin)



Beef Stock Pot
(1)



Couscous
($\frac{3}{4}$ cup)



Courgette (1)



Coriander
(5 tbsp)



Flaked Almonds
(2 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Beef Mince	250g	
Red Onion, chopped	1	
Garlic Clove, grated	1	
Red Pepper, sliced	1	
Ras-el-Hanout	1 tbsp	
Organic Chopped Tomatoes	1 tin	
Beef Stock Pot	1	
Couscous	¾ cup	Gluten
Courgette, sliced	1	
Coriander, chopped	5 tbsp	
Flaked Almonds	2 tbsp	Nut

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

Did you know...

Ragout is traditionally the word used to describe an Italian tomato sauce but has now been adopted by many nations!

Nutrition per serving: Calories: 635 kcal | Protein: 47 g | Carbs: 77 g | Fat: 15 g | Saturated Fat: 4 g

1



1 Heat a wide frying pan over high heat and add 1 tbsp 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 ground **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 1cm 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.

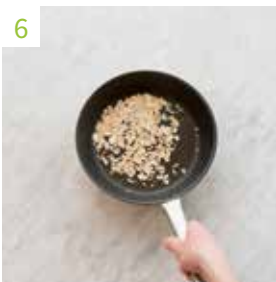
5



3 Once the meat has browned, add the chopped **red onion**, **red pepper** and the **ras-el-hanout** to the meat and cook for another 5 mins. Add the **garlic** and then cook for a 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 the heat to medium-low and leave to bubble away for 20 mins.

4 While the beef cooks away, pop the **couscous** in a bowl and season with ¼ tsp **salt** and a good grind of **black pepper**. Mix in 1 tbsp of **olive oil** and then pour in 300ml of boiling **water**. Cover the bowl with clingfilm or a plate and leave for 10 mins.

6



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 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 **flaked almonds** are out of the pan, increase the heat to high and cook the **courgettes** for 5 mins on each side (without any oil). Once nicely charred, remove the **courgettes** from the pan and keep to the side for a minute while you finish everything else off.

8 Check your ragout for seasoning 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 your bowls and then pop a couple of charred **courgettes** on top. Finish with the 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!