



# MOROCCAN SAUSAGE STEW

with Fruity Couscous



## HELLO CHICKPEAS

*Chickpeas come in a variety of different types and colours, not just the beige beans we are used to seeing in cans. Chickpeas can also be black, green, red and brown.*



Pork Sausage



Red Pepper



Dried Apricots



Chickpeas



Mint



Ras-el-Hanout



Tomato Passata



Chicken Stock Powder



Couscous



Baby Spinach



Flaked Almonds



Lemon

MEAL BAG

Hands on: **15 mins**  
Total: **40 mins**

**2** of your  
**5** a day

Family Box

Moroccan food has been heavily influenced by Berber, Moorish and Arab cuisine over the centuries and is alive with interesting flavours, textures and fragrances. This stew will take you on a taste trip to Morocco with a warmly spiced sauce and herby, nutty couscous, topped with crunchy almonds.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Frying Pan**, **Sieve Measuring Jug** and **Large Saucepan** (with a **Lid**). Now, let's get cooking!



### 1 MAKE THE MEATBALLS

Heat a splash of **oil** in a large frying pan on medium high heat. Slice open the **sausage**, remove the **meat** and discard the skin. Shape your **sausage meat** into balls about 2cm in diameter. Add them to your frying pan and cook until browned, 10-12 mins. Turn them regularly to make sure they don't burn.



### 2 PREP THE VEGGIES

Halve, then remove the core from the **pepper** and thinly slice. Chop each **dried apricot** into four pieces. Drain and rinse the **chickpeas** in a sieve. Pick the **mint leaves** from their stalks and roughly chop (discard the stalks).



### 3 SIMMER THE STEW

Add the **pepper** to the meatballs. Cook until soft, 5-7 mins. Stir in the **ras-el-hanout** and **dried apricots**, cook for 1 minute and then pour in the **tomato passata**. Add the **water** (amount specified in ingredient list), **chickpeas**, **half the stock powder** and stir to dissolve. Bring to the boil, turn the heat to medium low and simmer the sauce until thick and reduced by half, 12-15 mins.



### 4 COOK THE COUSCOUS

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, stir in the remaining **stock powder** and the **couscous**, pop a lid on the pan and remove from the heat. Leave to the side for 8-10 mins or until ready to serve. The **couscous** will cook and absorb the **stock** while you get everything else done.



### 5 ADD THE SPINACH

When your **stew** is ready, taste and add **salt** and **pepper** if necessary. **IMPORTANT:** *The meatballs are cooked when they are no longer pink in the middle.* Stir in the **baby spinach** and cook until wilted, 3-4 mins.



### 5 FINISH AND SERVE

Fluff up the **couscous** with a fork and mix through the **mint** and **half the flaked almonds**. Add a squeeze of **lemon juice** to taste. Spoon the **couscous** into bowls and top with your **sausage stew**. Finish with the remaining **flaked almonds**. **Enjoy!**

## 4 PEOPLE INGREDIENTS

In order of use

Pork Sausage	500g
Red Pepper	2
Dried Apricots 14)	80g
Chickpeas	2 tins
Mint	1 bunch
Ras-el-Hanout	1 tbsp
Tomato Passata	2 cartons
Water for the Sauce*	400ml
Chicken Stock Powder	2 pots
Water for the Couscous	600ml
Couscous 13)	300g
Baby Spinach	1 bag
Flaked Almonds 2)	30g
Lemon	2

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 749G	PER 100G
Energy (kcal)	904	121
(kJ)	3781	505
Fat (g)	35	5
Sat. Fat (g)	11	1
Carbohydrate (g)	98	13
Sugars (g)	23	3
Protein (g)	42	6
Salt (g)	3.39	0.45

### ALLERGENS

2) Nut 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

### THUMBS UP OR THUMBS DOWN?

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