



Chermoula Spiced Beef and Couscous

with Spinach and Greek Style Yoghurt

Super Quick 15 Minutes • Mild Spice

8



Beef Mince



Couscous



Chicken Stock Paste



Tomato Puree



Ground Cumin



Chermoula Spice Mix



Sun-Dried Tomato Paste



Baby Spinach



Greek Style Natural Yoghurt



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Honey, Butter

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, frying pan, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Beef Mince**	240g	360g	480g
Couscous 13	120g	180g	240g
Chicken Stock Paste	20g	30g	40g
Tomato Puree	30g	45g	60g
Ground Cumin	1 sachet	1 sachet	2 sachets
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Baby Spinach**	40g	100g	100g
Greek Style Natural Yoghurt** 7)	75g	150g	150g
Toasted Flaked Almonds 2)	15g	25g	30g

Pantry	2P	3P	4P
Boiled Water for the Couscous*	200ml	300ml	400ml
Honey*	1½ tbsp	2½ tbsp	3 tbsp
Butter*	20g	30g	40g
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	3207 / 767	700 / 167
Fat (g)	39.9	8.7
Sat. Fat (g)	17.1	3.7
Carbohydrate (g)	62.4	13.6
Sugars (g)	17.4	3.8
Protein (g)	41.1	9.0
Salt (g)	3.15	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://www.hellofresh.co.uk) or use our app to rate this recipe

 You can recycle me!

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



1



Get Frying

- Boil a half-full kettle.
 - While it boils, heat a drizzle of **oil** in a frying pan on medium-high heat.
 - Once hot, fry the **beef**, 5-6 mins.
 - Break up the **mince** as it cooks, then drain the fat. Season with **salt** and **pepper**.
- IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

2



Couscous Time

- Meanwhile, put the **couscous** in a bowl.
- Pour in the **boiled water** (see pantry). Stir in **half** the **chicken stock paste**.
- Cover tightly with cling film. Leave until ready to serve.
- In the meantime, open the remaining sachets.

3



Flavour Town

- Next, add the **tomato puree**, **cumin** and **chermoula** to the **beef**. Cook, 1 min.
- Stir in the remaining **chicken stock paste**, the **sun-dried tomato paste**, **honey**, **butter** and **water** (see pantry for all three amounts). Bring to the boil and simmer, 2-3 mins.
- Add the **spinach** in handfuls, making sure it's piping hot, 1-2 mins.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's too thick.

4



Dinner's Ready!

- Fluff up the **couscous**, then share between your bowls.
- Top with the **beef**.
- Drizzle over the **yoghurt**.
- Finish with a sprinkle of **flaked almonds**.

Enjoy!