



# Chermoula Sausage Meatball Stew

with Couscous, Spinach and Bell Pepper

**Classic** 35 Minutes • Little Spice • 3 of your 5 a day

N° 5



Red Onion



Bell Pepper



Garlic Clove



Spring Onion



Pork and Oregano Sausage Meat



Ground Cumin



Chicken Stock Paste



Couscous



Chermoula Spice



Tomato Passata



Baby Spinach



Zhoug Paste



Greek Yoghurt

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Bowl, Plate, Garlic Press, Measuring Jug, Saucepan, Lid, Frying Pan, Wooden Spoon.

## Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	1	2	2
Garlic Clove	1	2	2
Spring Onion**	1	2	2
Pork and Oregano Sausage Meat <b>13</b> <b>14)**</b>	225g	340g	450g
Ground Cumin	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Couscous*	1 tsp	1½ tsp	2 tsp
Couscous <b>13</b>	120g	180g	240g
Chermoula Spice	1 sachet	1 sachet	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Baby Spinach**	100g	150g	200g
Zhoug Paste	1 sachet	1½ sachets	2 sachets
Greek Yoghurt <b>7)**</b>	75g	120g	150g
Water for the Sauce*	1 tsp	1½ tsp	2 tsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>543g</b>	<b>100g</b>
Energy (kJ/kcal)	3266 / 781	601 / 144
Fat (g)	38	7
Sat. Fat (g)	13	2
Carbohydrate (g)	72	13
Sugars (g)	18	3
Protein (g)	31	6
Salt (g)	3.75	0.69

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 13) Gluten 14) Sulphites

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,

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## Get Prepped

Halve, peel and thinly slice the **red onion**. Halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Peel and grate the **garlic** (or use a garlic press). Trim and thinly slice the **spring onion**. Put the **sausage meat** and **cumin** into a bowl. Mix with your hands until well combined, then shape into **4 meatballs** per person. Pop them on a plate. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Cook the Meatballs

Add the **meatballs** to the frying pan and fry until evenly browned on the outside, 3-4 mins. Turn occasionally. Move the **meatballs** to the edge of the pan and add the **onion**, along with a pinch of **salt** and **pepper**. Fry along with the **meatballs** until softened, 4-5 mins, stirring frequently. Add the **pepper** back into the pan along with the **garlic** and **chermoula spice**. Stir and cook for 1 min. Then, pour in the **passata** and **water** for the **sauce** (see ingredients for amount).



## Couscous Time

Pour the **water** for the **couscous** (see ingredients for amount) into a saucepan with **half** of the **chicken stock paste**, then bring to the boil. When boiling, remove from the heat, stir in the **couscous** and pop a lid on the pan. Leave to the side for 8-10 mins or until ready to serve.



## Simmer

Stir in the remaining **chicken stock paste** and the **sugar** for the **sauce** (see ingredients for amount). Season with **salt** and **pepper** and simmer the **stew** until thickened, 5-7 mins. **IMPORTANT:** The **meatballs** are cooked when no longer pink in the middle. Once cooked, stir through the **spinach** a handful at a time until it has wilted and is piping hot, 1-2 mins. **TIP:** Add a splash of water if the stew looks a little thick. Taste and add more **salt** and **pepper** if needed.



## Start the Stew

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once the **oil** is hot, add the **pepper** and cook until it is charred, 3-4 mins. Stir only twice in this time as you want the **pepper** to get some nice colour. Once charred, transfer the **pepper** to a bowl. Pop your pan back on medium-high heat with another drizzle of **oil** if the pan is dry.



## Finish and Serve

Fluff up the **couscous** with a fork, then stir through the **zhoug paste** and **half** the **spring onion**. Spoon into bowls and top with the **stew**. Finish with a spoonful of **Greek yoghurt** and sprinkle over the remaining **spring onion**.

## 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.