

# Chermoula Sausage Meatball Stew

with Couscous, Spinach and Bell Pepper

Classic

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











**Garlic Clove** 





Pork and Oregano



**Spring Onion** 

Sausage Meat



Chicken Stock Paste



Couscous

**Ground Cumin** 



Chermoula Spice



Tomato Passata



Baby Spinach



**Zhoug Paste** 



**Greek Yoghurt** 



# Before you start

Our fruit and veggies need a little wash before you

# 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 13) 14)**	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 13)	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	11/2 sachets	2 sachets
Greek Yoghurt 7)**	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
for uncooked ingredient	543g	100g
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).

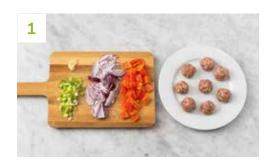
Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya,

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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.



#### 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.



### Start the Stew

Heat a drizzle of oil in a frying pan on mediumhigh 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.



## 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).



## 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.



## 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.