



Middle Eastern Style Beef Stew

with Charred Courgettes, Couscous and Feta

CLASSIC 35 Minutes • Medium Heat • 1.5 of your 5 a day

N° 2



Beef Mince



Red Pepper



Courgette



Lemon



Chermoula Spice



Finely Chopped Tomatoes with Onion and Garlic



Beef Stock Powder



Couscous



Feta Cheese

Before you start

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

Basic cooking tools you will need:

Two Frying Pans, a Fine Grater, Measuring Jug, Mixing Bowl and some Clingfilm.

Ingredients

	2P	3P	4P
Beef Mince**	240g	360g	480g
Red Pepper**	1	2	2
Courgette**	1	1	2
Lemon**	½	1	1
Chermoula Spice	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Beef*	150ml	200ml	300ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Couscous 13)	120g	180g	240g
Water for the Couscous*	240ml	360ml	480ml
Feta Cheese 7)**	1 block	1½ block	2 blocks

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	650g	100g
Energy (kJ/kcal)	3199 /765	493 /118
Fat (g)	32	5
Sat. Fat (g)	17	3
Carbohydrate (g)	69	11
Sugars (g)	24	4
Protein (g)	46	7
Salt (g)	3.88	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13**) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Brown the Beef

Heat a drizzle of **oil** in a frying pan on high heat. When the **oil** is hot, add the **beef mince**. Break up the **beef** with a wooden spoon as it browns and cook for 5-6 mins. **IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



2. Prep the Veggies

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **courgette** then slice into rounds about 1cm thick. Zest and halve your **lemon**.



3. Make the Stew

Once the **beef** has browned, add the **pepper**. Stir together and cook until starting to soften, 6-7 mins. Add the **chermoula**, stir and cook for 1 minute more. Pour in the **chopped tomatoes** and **water** (see ingredients for amount), then stir in the **stock powder**. Bring to the boil, then reduce the heat to medium-low. Leave the stew to simmer until thick and tomatoey, 15-20 mins.



4. Cook the Couscous

Meanwhile, boil your kettle. Put the **couscous** in a bowl. Add the **lemon zest**, a drizzle of **olive oil** and season with **salt** and **pepper**. Pour the boiling **water** for the **couscous** (see ingredients for amount) into the bowl, cover tightly with cling film and leave to the side for 10 mins or until ready to serve.



5. Char the Courgette

Meanwhile, heat another frying pan on high heat (no oil). Add the **courgette** and leave to cook until charred, 4-5 mins each side. Transfer to a plate, sprinkle with **salt** and **pepper** and set aside. Crumble the **feta**.



6. Season and Serve

Taste the **stew** and season to taste with **salt** and **pepper** if needed then fluff up the **couscous** with a fork. Taste and add **lemon juice** if you like things zesty. Divide between bowls, spoon over the **beef stew** and finish with some charred **courgette** and top with the **feta**.

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.