



# MIDDLE EASTERN STYLE BEEF STEW

with Couscous and Charred Courgette



## HELLO COUSCOUS

Not a grain, but tiny balls of dough, made by sprinkling water onto flour, raking it through and sieving.



Beef Mince



Yellow Pepper



Courgette



Coriander



Lemon



Chermoula Spice Blend



Finely Chopped Tomatoes with Onion



Beef Stock Powder



Couscous



Flaked Almonds

A zesty blend of spices, garlic, and fresh herbs, chermoula is a Moroccan spice traditionally used to season fish and meat, and is the showstopping spice in tonight's delicious recipe. Warming, simple to prep and packed with fresh good-for-you ingredients, regardless of the weather outside, this recipe is guaranteed to take you to the warm, sunny climes of Northern Africa.

35 mins

3 of your 5 a day

Medium heat

MEAL BAG

3

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Frying Pans**, a **Fine Grater**, **Measuring Jug**, **Mixing Bowl** and some **Clingfilm**. Now, let's get cooking!



### 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.



### 2 PREP THE VEGGIES

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Trim the **courgette** then slice into rounds about 1cm thick. Roughly chop the **coriander** (stalks and all). Zest the **lemon**.



### 3 COOK 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), and 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. **! IMPORTANT:** *The beef mince is cooked when it is no longer pink in the middle.*



### 4 SOAK THE COUSCOUS

Fill and boil your kettle. Put the **couscous** in a mixing bowl. Add the **lemon zest**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Pour the boiling **water** (see ingredients for amount) into the bowl, cover tightly with clingfilm 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, 5 mins each side. Transfer to a plate, sprinkle with **salt** and **pepper** and set aside.



### 6 SEASON AND SERVE

Taste the **stew** and season with **salt** and **pepper** if needed, then stir through **half** the **coriander**. Fluff up the **couscous** with a fork and stir through the remaining **coriander**. Taste and add some **lemon juice** if you like things zesty. Divide between bowls, spoon over the **beef stew** and finish with some **charred courgette** and a sprinkling of **flaked almonds**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Beef Mince *	240g	360g	480g
Yellow Pepper *	1	1	2
Courgette *	1	1	2
Coriander *	1 bunch	1 bunch	1 bunch
Lemon *	½	1	1
Chermoula Spice Blend	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes with Onion	1 carton	1½ cartons	2 cartons
Water for the Beef*	150ml	200ml	300ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Couscous 13)	150g	225g	300g
Water for the Couscous*	300ml	450ml	600ml
Flaked Almonds 2)	1 small bag	1 large bag	2 small bags

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 634G	PER 100G
Energy (kJ/kcal)	3142 / 751	496 / 119
Fat (g)	27	4
Sat. Fat (g)	8	1
Carbohydrate (g)	80	13
Sugars (g)	25	4
Protein (g)	43	7
Salt (g)	2.89	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 13) Gluten

**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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