



# Moroccan-Style Beef Stew

with Charred Courgettes, Couscous and Flaked Almonds



## HELLO COUSCOUS

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



Beef Mince



Red Onion



Garlic Clove



Red Pepper



Courgette



Coriander



Ras-el-Hanout



Diced Tomatoes



Water for the Beef



Beef Stock Pot



Couscous



Water for the Couscous



Flaked Almonds

MEAL BAG

45 mins

5 of your 5 a day

Very hot

Ras-el-Hanout is a spice blend used throughout North Africa. Literally translated, the name means 'top of the shop'. Kind of like our 'top drawer' - the best each spice seller has to offer. No two merchants have quite the same blend but ours contains chillies, rose petals and ginger amongst other deliciously fragrant things. It brings fabulous aromas and flavours to this stew.

## 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** (or **Garlic Press**), **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 and season it with **salt** and **black pepper**. Cook until nicely brown, continuing to break it up with your spoon, 6-7 mins.



### 2 PREP THE VEGGIES

Halve, peel and chop the **red onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Halve, then remove the core from the **red pepper** and thinly slice. Remove the top and bottom from the **courgette**. Slice into 1cm wide rounds. Roughly chop the **coriander** (stalks and all).



### 3 COOK THE STEW

Once the **beef** has browned, add the **onion**, **pepper** and **ras-el-hanout**. Stir together and cook for 5 mins. Add the **garlic**, stir and cook for 1 minute more. Pour the **diced tomatoes** and **water** (amount specified in the ingredient list) into the pan with the **beef stock pot**. Bring to the boil, and stir to dissolve the **stock pot**, then reduce the heat to medium-low. Leave the stew to simmer for 20 mins.



### 4 SOAK THE COUSCOUS

Meanwhile, boil your kettle. Put the **couscous** in a mixing bowl. Add a drizzle of **oil** and season with a pinch of **salt** and a grind of **black pepper**. Pour the boiling **water** (amount specified in the ingredient list) into your bowl of **couscous** and cover with clingfilm or a plate and leave for 10 mins.



### 5 TOAST THE ALMONDS

Heat another frying pan over medium heat (no oil). Add the **flaked almonds** and toast until golden brown, about 3 mins. When done, remove them from the pan. **★ TIP:** Watch the almonds like a hawk, they burn very easily! Once the almonds are out of the pan, increase the heat to high. Cook the **courgette** without oil, 5 mins on each side. Once nicely charred, transfer to a plate, season with **salt** and **black pepper** and set aside.



### 6 SEASON AND SERVE

Season the **stew** to taste with **salt** and **black pepper**, then stir through the **coriander**. Fluff up the **couscous** and divide between bowls, spoon over the **beef stew** and finish with some **charred courgettes** and a sprinkling of **flaked almonds**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Beef Mince	250g
Red Onion, chopped	1
Garlic Clove, grated	1
Red Pepper, sliced	1
Courgette, sliced	1
Coriander, chopped	1 bunch
Ras-el-Hanout	1 tbsp
Diced Tomatoes	1 tin
Water for the Beef*	200ml
Beef Stock Pot	1
Couscous 1)	150g
Water for the Couscous*	300ml
Flaked Almonds 8)	25g

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	682	97
(kJ)	2852	404
Fat (g)	21	3
Sat. Fat (g)	6	1
Carbohydrate (g)	76	11
Sugars (g)	21	3
Protein (g)	46	7
Salt (g)	4.86	0.69

### ALLERGENS

1)Gluten 8)Nuts

**Beef Stock Pot Ingredients:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black pepper.

### 👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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