



**DINNER - MOROCCAN BEEF & SPICED LENTIL RICE**  
**LUNCH - COUSCOUS & MOROCCAN BEEF WITH HUMMUS**

**DINNER TO LUNCH**

Cook once,  
with a twist for lunch!

DINNER



LUNCH



Lentils



Chermoula Spice Blend



Basmati Rice



Cucumber



Cherry Tomatoes



Mint



Lemon



Baby Spinach Leaves



Chicken Stock



Beef Mince



Souk Market Spice Blend



Tomato Paste



Fetta



Crispy Shallots



Greek Yoghurt



Couscous



Hummus

**FOR YOUR LUNCH**

**DINNER**  
Hands-on: 45 mins  
Ready in: 45 mins

**LUNCH**  
Ready in: 10 mins

Cook once, with a twist for lunch. Cook an amazing dinner as usual then create a new twist on the recipe to create something different for lunch the next day! Serve a rich Moroccan beef on mildly spiced rice and lentils with a fresh salad, then transform it into a couscous bowl for lunch! Extra delicious!

**Pantry Staples:** Olive Oil, Butter



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
 • **medium saucepan** with a **lid** • **large frying pan**

## DINNER



### 1 COOK THE RICE

Drain and rinse the **lentils** (see ingredients list). In a medium saucepan, melt the **butter** with a **dash of olive oil** over a medium heat. Add the **chermoula spice blend** (see ingredients list) and cook until golden and fragrant, **1 minute**. Add the lentils, **basmati rice**, **water (for the rice)** and **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.



### 2 MAKE THE SALAD

While the rice is cooking, bring a kettle of water to the boil. Slice the **cucumber** into half-moons. Slice the **cherry tomatoes** in half. Pick and roughly chop the **mint** leaves. Slice the **lemon** into wedges. In a medium bowl, combine the cucumber, cherry tomatoes, mint and **baby spinach leaves**. Season with **salt** and **pepper** and toss to combine.



### 3 COOK THE COUSCOUS

In a separate medium bowl, place the **couscous**. In a small jug, combine **2/3 cup boiling water** with **1/2 a crumbled chicken stock cube**, then add to the couscous and stir to combine. Immediately (to make sure you catch the steam) cover the bowl with a plate and leave until all the water is absorbed, **5 minutes**. Using a fork, fluff up the couscous then set aside, uncovered.



### 4 COOK THE MOROCCAN BEEF

While the couscous is cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Once hot, add the **beef mince** and cook, breaking up with a wooden spoon, until browned, **3-4 minutes**. Add the **Souk Market spice blend** and **tomato paste** and cook until fragrant, **1 minute**. Add the **water (for the beef)** and crumble in the **remaining chicken stock** (**2 cubes for 2 people / 3 cubes for 4 people**). Simmer until slightly thickened, **3 minutes**. Season with **salt** and **pepper**.



### 5 SERVE UP DINNER

Reserve **two portions** of the **Moroccan beef** (about **1 cup**), **two portions** of the **salad**, **two lemon wedges** and **1/2 the fetta** for lunch. Stir the **crispy shallots** through the cooked rice. Divide the rice and lentils between bowls and top with the remaining Moroccan beef. Top with **Greek yoghurt** and serve with the remaining salad. Squeeze the remaining lemon wedges over the salad and crumble over the remaining fetta.

## LUNCH



### 6 MAKE LUNCH

When you're ready to pack lunch, divide the **couscous** and **reserved Moroccan beef** between two microwavable containers. In two separate containers, divide the **reserved salad**, **lemon wedges**, **hummus** and crumble over the **reserved fetta**. Refrigerate. At lunch, heat the Moroccan beef and couscous in the microwave for **2-3 minutes** or until piping hot. Serve the salad and **hummus** on the side and season with lemon juice.

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
lentils	½ tin	1 tin
butter*	20g	40g
chermoula spice blend	½ sachet	1 sachet
basmati rice	1 packet	2 packets
water* (for the rice)	1 ½ cups	3 cups
salt*	¼ tsp	½ tsp
cucumber	2	3
cherry tomatoes	1 punnet	2 punnets
mint	1 bunch	1 bunch
lemon	1	2
baby spinach leaves	1 bag (60g)	1 bag (120g)
couscous	1 packet	1 packet
chicken stock	2 ½ cubes	3 ½ cubes
beef mince	1 large packet	1 small & 1 large packet
Souk Market spice blend	2 sachets	3 sachets
tomato paste	2 sachets	3 sachets
water* (for the beef)	1 cup	1 ½ cups
fetta	1 block (50g)	1 block (100g)
crispy shallots	2 packets	4 packets
Greek yoghurt	1 pack (100g)	2 packs (200g)
hummus	1 tub (100g)	1 tub (100g)

\*Pantry Items

## NUTRITION

DINNER	PER SERVING	Per 100G
Energy (kJ)	3730kJ (891Cal)	620kJ (148Cal)
Protein (g)	56.1g	9.3g
Fat, total (g)	36.2g	6.0g
- saturated (g)	18.5g	3.1g
Carbohydrate (g)	80.9g	13.4g
- sugars (g)	10.2g	1.7g
Sodium (g)	825mg	137mg

LUNCH	PER SERVING	Per 100G
Energy (kJ)	2200kJ (526Cal)	605kJ (145Cal)
Protein (g)	31.5g	8.7g
Fat, total (g)	22.3g	6.1g
- saturated (g)	6.9g	1.9g
Carbohydrate (g)	47.2g	13.0g
- sugars (g)	7.5g	2.1g
Sodium (g)	518mg	142mg

For allergens and ingredient information, visit

[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Please call us with any questions or concerns | (02) 8188 8722

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