



MOROCCAN SPICED BEEF & FETTA

with Jewelled Couscous & Hummus



Stir almonds through couscous for extra crunch!



Chicken Stock



Currants



Couscous



Cucumber



Tomato



Mint



Slivered Almonds



Beef Mince



Souk Market Spice Blend



Tomato Paste



Fetta



Hummus

Hands-on: **15 mins**
Ready in: **20 mins**

Low calorie

Couscous – the grain so nice they named it twice! Here we’ve added sweet currants and nutty almonds for a pop of flavour, and topped the whole thing off with a mildly spiced beef mince and fresh salad. And don’t forget the dollop of hummus – the creamy chickpea dip turns into the perfect sauce to bring the meal together.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic)

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**



1 MAKE THE COUSCOUS

In a medium saucepan, add the **water (for the couscous)** and crumble in the **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**. Bring to the boil. Add the **currants, couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside for **5 minutes**, or until all the water is absorbed. Fluff up with a fork then set aside, uncovered.



2 PREP THE VEGGIES

While the water is boiling, finely chop the **cucumber**. Finely chop the **tomato**. Pick the **mint** leaves and thinly slice (reserve a few leaves for garnish!).



3 TOAST THE SLIVERED ALMONDS

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, for **3-4 minutes** or until golden. Transfer to a plate.



4 COOK THE BEEF

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **beef mince** and cook, breaking up with a wooden spoon, for **3-4 minutes** or until browned. Add the **Souk Market spice blend** and **tomato paste** and cook for **1 minute** or until fragrant. Add the **water (for the beef)** and crumble in the **remaining chicken stock (1 cube for 2 people / 2 cubes for 4 people)**. Simmer for **1-2 minutes** or until slightly thickened.



5 MAKE THE SALAD

While the beef is cooking, combine the **cucumber, tomato** and **mint** in a medium bowl. **Drizzle** with a little **olive oil** and add the **vinegar**. Crumble in **1/2** the **fetta**, season with **salt** and **pepper** and toss to coat.



6 SERVE UP

TIP: For the low-calorie option, omit the slivered almonds and hummus. Stir the toasted slivered almonds through the couscous and divide between bowls. Top with the Moroccan beef and the salad. Crumble over the remaining fetta, garnish with the reserved mint leaves and serve with the **hummus**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the couscous)	¾ cup	1½ cups
chicken stock	1½ cubes	3 cubes
currants	1 packet	2 packets
couscous	1 packet	2 packets
cucumber	1	2
tomato	2	4
mint	1 bunch	1 bunch
slivered almonds	1 packet	2 packets
beef mince	1 packet	1 packet
Souk Market spice blend	1 sachet	2 sachets
tomato paste	1 sachet	2 sachets
water* (for the beef)	½ cup	1 cup
vinegar* (white wine or balsamic)	1 tsp	2 tsp
fetta	1 block (50 g)	1 block (100 g)
hummus	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2300kJ (548Cal)	578kJ (138Cal)
Protein (g)	42.3g	10.7g
Fat, total (g)	16.3g	4.1g
- saturated (g)	7.8g	2.0g
Carbohydrate (g)	54.2g	13.7g
- sugars (g)	14.2g	3.6g
Sodium (g)	584mg	147mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK9

