

MOROCCAN SPICED BEEF & FETTA

with Jewelled Couscous & Hummus





Stir almonds through couscous for extra crunch!





Chicken Stock

Curran





Couscous

Cucumber





Tomato

Mint





Slivered Almonds

Poof Mine





ouk Market Spice Blend

Tomato Paste

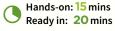




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Hummus

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





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.

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



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.



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!).



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



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.



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.



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!

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

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