



Middle Eastern Beef Stew

with charred courgette, couscous and Greek style cheese

Family 35-40 mins

4



Beef Mince



Chopped Tomato with Onion & Garlic



Courgette



Beef Stock



Couscous



Greek Style Cheese



Paprika



Ground Cumin



Middle Eastern Style Spice Mix



Honey



Chives



Pumpkin Seeds

Pantry Items: Water, Salt, Pepper, Oil, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Ingredients

	2P	4P
Beef Mince	250 g	500 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Courgette	1 unit	2 units
Beef Stock	1 sachet	2 sachets
Couscous	100 g	200 g
Greek Style Cheese	100 g	200 g
Paprika	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Honey	1 sachet	2 sachets
Chives	5 g	10 g
Pumpkin Seeds	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	547.5 g	100 g
Energy (kJ/kcal)	3155 kJ/ 754 kcal	576 kJ/ 138 kcal
Fat (g)	36.6 g	6.7 g
Sat. Fat (g)	18.4 g	3.3 g
Carbohydrate (g)	59.3 g	10.8 g
Sugars (g)	17.5 g	3.2 g
Protein (g)	45.1 g	8.1 g
Salt (g)	5.1 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

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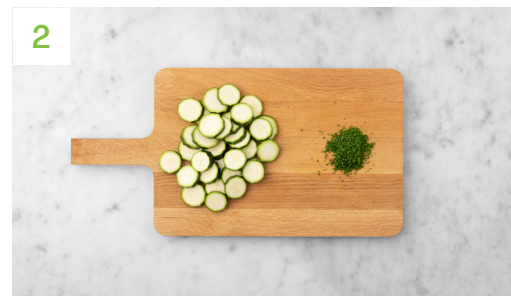
Brown the Beef

- Place a pan over medium heat (no oil)
- Once hot, add the **pumpkin seeds** and dry-fry, shifting constantly, 1 min. Remove from the pan and set aside.
- Return the pan to a high heat (without oil).
- When the pan is hot, add the **beef mince** and cook until browned, breaking it up as it cooks, 5-6 mins. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.



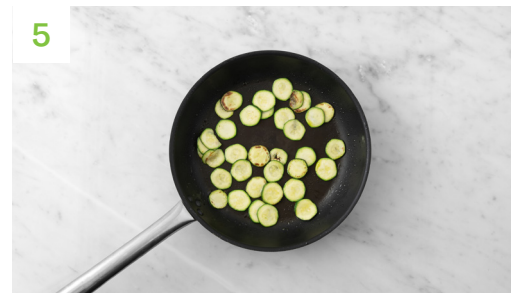
Make the Couscous

- While the stew simmers, boil your kettle (or a pot of water if you haven't got one).
- Add the **couscous** to a medium bowl with a drizzle of **oil**. Season with **salt** and **pepper**.
- Pour 200ml boiling **water** (double for 4p) into the bowl along with the **beef stock powder**.
- Stir together, cover and leave aside for 10 mins or until ready to serve.



Prep the Veg

- Meanwhile, trim the **courgette** then slice into 1cm thick rounds.
- Roughly chop the **chives** (use scissors if you prefer).



Char the Courgette

- Place a separate pan over high heat (without oil).
- When hot, add the **courgette** and cook until charred, 6-8 mins. Turn only every few mins—this will allow it to pick up a nice colour.
- Once cooked, transfer to a bowl, sprinkle with **salt** and **pepper** and set aside.



Start the Stew

- Once the **beef** has browned, add the **cumin**, **paprika** and **Middle Eastern spice**.
- Stir and cook for 1 min more.
- Pour in the **chopped tomatoes**, **honey** and 150ml **water** (double for 4p).
- Bring to the boil then reduce the heat to medium-low. Season with **salt** and **pepper**.
- Allow to simmer until thickened, 15-20 mins.

TIP: Add a splash more water if it becomes too dry.



Season and Serve

- Taste the stew and season with **salt**, **pepper** and **sugar**.
- Fluff up the **couscous** with a fork and divide between bowls.
- Top with **beef** stew and charred **courgette**.
- Crumble over the **Greek style cheese**.
- Finish with a sprinkling of chopped **chives** and **pumpkin seeds**.

Enjoy!