



Spiced Turkey Mince Stew

with courgette, couscous and Greek style cheese

Calorie Smart 35 – 40 mins

11



Turkey Mince



Chopped Tomato with Onion & Garlic



Courgette



Couscous



Greek Style Cheese



Paprika



Ground Cumin



Middle Eastern Style Spice Mix



Honey



Chives



Chicken Stock



Pine Nuts

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
Turkey Mince	250 g	500 g
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Courgette	1 unit	2 units
Couscous	100 g	250 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
Chicken Stock	1 sachet	2 sachets
Pine Nuts	10 g	20 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	550.5 g	100 g
Energy (kJ/kcal)	2589.9 kJ/ 619 kcal	470.5 kJ/ 112.4 kcal
Fat (g)	19.6 g	3.6 g
Sat. Fat (g)	10.3 g	1.9 g
Carbohydrate (g)	59.4 g	10.8 g
Sugars (g)	17.4 g	3.2 g
Protein (g)	51.6 g	9.4 g
Salt (g)	4.5 g	0.8 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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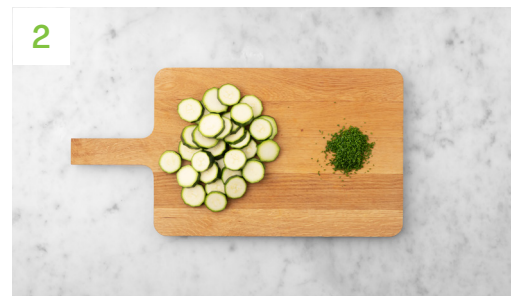
Make the Couscous

- 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** (500ml for 4p) into the bowl along with the **stock**.
- Stir together, cover and leave aside for 10 mins or until ready to serve.



Fry the Turkey

- Return the pan to medium-high heat with a drizzle of **oil**.
- When the pan is hot, add the **turkey mince**. **IMPORTANT:** Wash hands and equipment after handling raw mince. Mince is cooked when no longer pink in the middle.
- Cook until browned, breaking it up as it cooks, 5-6 mins.



Get Prepped

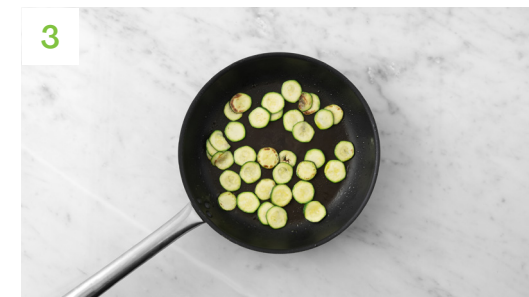
- Meanwhile, trim the **courgette** then slice into 1cm thick rounds.
- Roughly chop the **chives** (use scissors if you prefer).
- Place a large pan over medium heat (without oil).
- Once hot, dry-fry the **pine nuts** until lightly toasted, 2-3 mins. Remove from the pan and set aside.



Start the Stew

- Once the **turkey** has cooked, add the **cumin**, **paprika** and **Middle Eastern spice** to the pan.
- Cook, stirring, until fragrant, 1 min more.
- Pour in the **chopped tomatoes** and 150ml **water** (double for 4p).
- Bring to the boil then reduce the heat to medium-low. Season with **salt** and **pepper**.
- Simmer until thickened, 15-20 mins. Stir through the **honey**.

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



Char the Courgette

- Return the pan to 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.



Season and Serve

- Taste the stew and season with **salt**, **pepper** and **sugar** if required.
- Fluff up the **couscous** with a fork and divide between bowls.
- Spoon over the **turkey** stew and top with charred **courgette**.
- Crumble the **Greek style cheese** over everything.
- Finish with a sprinkling of chopped **chives** and a scattering of **pine nuts**.

Enjoy!