



Mediterranean-Style Beef Bowl

with Couscous, Mint & Ocean Spray Craisins

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Ocean Spray Craisins



Cucumber



Green Beans



Beef Mince



Garlic & Herb Seasoning



Tomato Paste



Baby Spinach Leaves



Greek Salad Cheese/
Feta Cheese



Greek-Style Yoghurt



Mint

 Hands-on: **10-20 mins**
Ready in: **20-30 mins**

How satisfying is saucy beef mince on a bed of fluffy couscous? You'll have to make this delectable Mediterranean-inspired dish to find out! As a nice surprise, we've added Ocean Spray Craisins® 50% Less Sugar Dried Cranberries, plus a cooling yoghurt and some refreshing mint to top it off. Simply delicious.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
boiling water*	¾ cup	1½ cups
Ocean Spray craisins	1 packet	2 packets
cucumber	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3105kJ (742Cal)	704kJ (168Cal)
Protein (g)	45.7g	10.4g
Fat, total (g)	28.1g	6.4g
- saturated (g)	15.7g	3.6g
Carbohydrate (g)	62.2g	14.1g
- sugars (g)	22.3g	5.1g
Sodium (mg)	1427mg	324mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Make the couscous

- Boil the kettle.
- Place **couscous** and **chicken-style stock powder** in a medium bowl.
- Add the **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate and set aside for **5 minutes**.
- Fluff up with a fork, then stir through **Ocean Spray craisins**.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Cook **green beans** and **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning**, **tomato paste** and the **water** and cook, stirring, until reduced, **1-2 minutes**. Set aside.

2



Get prepped

- Meanwhile, roughly chop **cucumber**. Trim and halve **green beans**.

4



Serve up

- Add **baby spinach leaves**, cucumber and a drizzle of olive oil and **white wine vinegar** to cooked couscous. Stir to combine and season to taste.
- Divide couscous between bowls and top with Mediterranean-style beef.
- Crumble with **cheese** and spoon over **Greek-style yoghurt**.
- Garnish with torn **mint** leaves to serve.

Enjoy!