



Moroccan Beef Mince

with Herby Couscous & Yoghurt Dressing



Add the flavours of Morocco to beef mince



Red Onion



Garlic



Long Red Chilli (Optional)



Red Capsicum



Flaked Almonds



Chermoula Spice Blend



Beef Mince



Diced Tomatoes



Beef Stock



Baby Spinach Leaves



Coriander



Parsley



Lemon



Greek Yoghurt



Couscous

Hands-on: **20** mins
Ready in: **35** mins
Spicy (optional long red chilli)

This delicious and hearty meal is inspired by the fragrant flavours of Morocco. Atop a herby couscous and dolloped with creamy yoghurt, brace your tastebuds for a whirlwind adventure.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, garlic crusher, large frying pan, wooden spoon, medium bowl, medium saucepan with lid** and **fork**.



1 GET PREPPED

Finely chop the **red onion**. Peel and crush the **garlic**. Deseed and finely chop the **long red chilli** (if using). **TIP:** *Some like it hot but if not just hold back on the chilli.* Thinly slice the **red capsicum**.



2 TOAST THE FLAKED ALMONDS

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



3 COOK THE MOROCCAN BEEF

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook for **3-4 minutes**, or until softened. Add the **garlic, chermoula spice blend** and **long red chilli** (if using) and cook for **1-2 minutes**, or until fragrant. Add the **beef mince** and cook for **3-4 minutes**, or until browned. Add the **capsicum, diced tomatoes** and **water (for the sauce)** and crumble in the **beef stock** cube. Bring to the boil, then reduce the heat to medium and simmer for **10-15 minutes**, or until slightly thickened.



4 MAKE THE YOGHURT DRESSING

While the beef is cooking, finely chop the **coriander** and **parsley**. Juice the **lemon**. In a medium bowl, combine the **Greek yoghurt**, **1/2** the coriander and parsley and **lemon juice (2 tsp for 2 people / 1 tbs for 4 people)**.

TIP: *Add as much or as little lemon juice as you like, depending on your taste preference.* Season with **salt** and **pepper**. Set aside.



5 MAKE THE HERBY COUSCOUS

In a medium saucepan, bring the **water (for the couscous)** and the **salt (use suggested amount)** to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Leave for **5 minutes**, or until all the water is absorbed. Add the **remaining coriander** and **parsley** to the couscous. Add **lemon juice (2 tsp for 2 people / 1 tbs for 4 people)** and fluff up with a fork.



6 SERVE UP

Divide the herby couscous between bowls and top with the Moroccan spiced beef. Garnish with a dollop of yoghurt dressing and the flaked almonds.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
red onion	1	2
garlic	1 clove	2 cloves
long red chilli (optional)	1	2
red capsicum	1	2
flaked almonds	1 packet	2 packets
chermoula spice blend	½ sachet (1 tbs)	1½ sachets (2 tbs)
beef mince	1 packet	1 packet
diced tomatoes	1 box (390 g)	2 boxes (780 g)
water* (for the sauce)	¼ cup	½ cup
beef stock	1 cube	2 cubes
baby spinach leaves	1 bag	1 bag
coriander	1 bunch	1 bunch
parsley	1 bunch	1 bunch
lemon	1	2
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
water* (for the couscous)	1 cup	2 cups
salt*	¼ tsp	½ tsp
couscous	1 packet (½ cup)	2 packets (1 cup)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2890kJ (691Cal)	332kJ (79Cal)
Protein (g)	49.3g	5.7g
Fat, total (g)	21.2g	2.4g
- saturated (g)	6.9g	0.8g
Carbohydrate (g)	69.6g	8.0g
- sugars (g)	25.4g	2.9g
Sodium (g)	2560mg	294mg

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

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Once the beef has thickened, season with **salt** and **pepper** and stir through the **baby spinach leaves**.