



Mediterranean-Style Beef & Pork Bowl

with Spinach Couscous & Almonds

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Green Beans



Flaked Almonds



Beef & Pork Mince



Garlic & Herb Seasoning



Tomato Paste



Baby Spinach Leaves



Greek-Style Yoghurt



Beef Strips

Prep in: **10-20 mins**
Ready in: **15-25 mins**



How satisfying is saucy beef and pork 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 almonds plus a cooling yoghurt to top it off. Simply delicious.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
green beans	1 bag (200g)	1 bag (400g)
flaked almonds	1 packet	2 packets
beef & pork mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
brown sugar*	½ tsp	1 tsp
baby spinach leaves	1 medium bag	1 large bag
Greek-style yoghurt	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2512kJ (600Cal)	642kJ (153Cal)
Protein (g)	40.6g	10.4g
Fat, total (g)	25g	6.4g
- saturated (g)	9.3g	2.4g
Carbohydrate (g)	53.2g	13.6g
- sugars (g)	11.6g	3g
Sodium (mg)	1180mg	301mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2147kJ (513Cal)	548kJ (131Cal)
Protein (g)	42.6g	10.9g
Fat, total (g)	14.2g	3.6g
- saturated (g)	5.1g	1.3g
Carbohydrate (g)	53.2g	13.6g
- sugars (g)	11.6g	3g
Sodium (mg)	1172mg	299mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW39



1



Make the couscous

- Boil the kettle.
- In a medium heatproof bowl, place **couscous** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and set aside for **5 minutes**.

3



Cook the mince

- Return frying pan to high heat with a drizzle of **olive oil**. Cook **green beans** and **beef & pork mince**, breaking up mince with a spoon, until just browned, **4-5 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning** and **tomato paste** and cook until fragrant, **1 minute**.
- Add the **water** and **brown sugar** and cook, stirring, until reduced, **1-2 minutes**.
- Meanwhile, add **baby spinach leaves** to the **couscous**, along with a drizzle of **olive oil**. Stir to combine and season to taste.

Custom Recipe: If you've swapped to beef strips, discard any liquid from packaging. Before cooking green beans, heat the frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate. Return pan to high heat with a drizzle of olive oil. Cook green beans, until softened, 3-4 minutes. Return beef strips and continue as above.

2



Get prepped

- Trim and halve **green beans**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

4



Serve up

- Divide spinach couscous between bowls. Top with Mediterranean-style beef and pork.
- Dollop over **Greek-style yoghurt**. Garnish with toasted almonds to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate