

Mediterranean-Style Beef & Pork Bowl with Spinach Couscous & Almonds

Grab your Meal Kit with this symbol









Chicken-Style Stock Powder



Green Beans





Flaked Almonds







Tomato Paste



Baby Spinach

Garlic & Herb Seasoning



Greek-Style Yoghurt



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

Calorie Smart

How satisfying is saucy beef and pork mince on a bed of fluffy couscous? You'll have to make this delectable Mediterraneaninspired dish to find out! As a nice surprise, we've added almonds plus a cooling yoghurt to top it off. Simply delicious.

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*	1/4 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

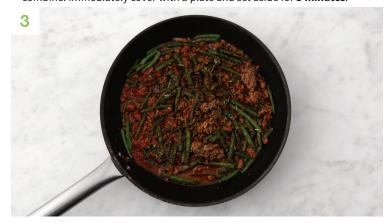
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Make the couscous

- · Boil the kettle.
- In a medium heatproof bowl, place couscous and chicken-style stock powder.
- Add the boiling water (34 cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and set aside for 5 minutes.



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.



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.



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

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