



Easy Mediterranean Beef & Pork Bowl

with Spinach Couscous & Asparagus

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Asparagus



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



Couscous is so yummy no matter what it's paired with. So, we've found it's new partner, herby beef and pork. Add the yoghurt and nutty toasted almonds on top to round everything out. It's a perfect match!

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
asparagus	1 bunch	2 bunches
flaked almonds	1 packet	2 packets
beef & pork mince	1 packet	1 packet
garlic & herb seasoning	1 medium sachet	1 large 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)	2516kJ (601Cal)	604kJ (144Cal)
Protein (g)	41.9g	10.1g
Fat, total (g)	25.1g	6g
- saturated (g)	9.3g	2.2g
Carbohydrate (g)	51.6g	12.4g
- sugars (g)	10.8g	2.6g
Sodium (mg)	1182mg	284mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2151kJ (514Cal)	516kJ (123Cal)
Protein (g)	43.9g	10.5g
Fat, total (g)	14.3g	3.4g
- saturated (g)	5.1g	1.2g
Carbohydrate (g)	51.6g	12.4g
- sugars (g)	10.8g	2.6g
Sodium (mg)	1175mg	282mg

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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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 **asparagus** 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** and a drizzle of **olive oil** to the **couscous**. Stir to combine and season to taste.

Custom Recipe: If you've upgraded to beef strips, discard any liquid from packaging. Before cooking asparagus, heat the frying pan as above. 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 and cook asparagus until softened, 3-4 minutes. Return beef strips to the pan and continue as above.

2



Get prepped

- Trim the **asparagus**.
- 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 mixture with asparagus.
- Dollop over **Greek-style yoghurt**. Garnish with toasted almonds to serve. Enjoy!

Rate your recipe

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