

Easy Mediterranean Beef & Pork Bowl with Spinach Couscous & Asparagus

Grab your Meal Kit with this symbol









Stock Powder



Asparagus





Flaked Almonds



Beef & Pork



Mince



Tomato Paste



Baby Spinach

Leaves

Garlic & Herb

Seasoning



Yoghurt

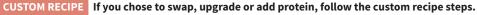


Prep in: 10-20 mins Ready in: 15-25 mins

Calorie Smart

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!





Olive Oil, Brown Sugar

Pantry items

ΑI

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*	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)	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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Make the couscous

- · Boil the kettle.
- In a medium heatproof bowl, place couscous and chicken-style stock powder.
- Add the **boiling water** (3/4 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 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.



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.



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!



Did we make your tastebuds happy?
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