



# Mediterranean-Style Beef Bowl

with Couscous, Mint & Ocean Spray Craisins

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Ocean Spray Craisins



Cucumber



Green Beans



Beef Mince



Garlic & Herb Seasoning



Tomato Paste



Baby Spinach Leaves



Greek Salad Cheese/  
Feta Cheese



Greek-Style Yoghurt



Mint

 Hands-on: **10-20 mins**  
Ready in: **20-30 mins**

How satisfying is saucy beef 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 Ocean Spray Craisins® 50% Less Sugar Dried Cranberries, plus a cooling yoghurt and some refreshing mint to top it off. Simply delicious.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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 sachet (5g)	1 sachet (10g)
boiling water*	¾ cup	1½ cups
Ocean Spray craisins	1 packet	2 packets
cucumber	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3105kJ (742Cal)	704kJ (168Cal)
Protein (g)	45.7g	10.4g
Fat, total (g)	28.1g	6.4g
- saturated (g)	15.7g	3.6g
Carbohydrate (g)	62.2g	14.1g
- sugars (g)	22.3g	5.1g
Sodium (mg)	1427mg	324mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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1



## Make the couscous

- Boil the kettle.
- Place **couscous** and **chicken-style stock powder** in a medium bowl.
- Add the **boiling water** (¾ cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate and set aside for **5 minutes**.
- Fluff up with a fork, then stir through **Ocean Spray craisins**.

3



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Cook **green beans** and **beef mince**, breaking up with a spoon, until just browned, **3-4 minutes**.
- Reduce heat to medium, then add **garlic & herb seasoning**, **tomato paste** and the **water** and cook, stirring, until reduced, **1-2 minutes**. Set aside.

2



## Get prepped

- Meanwhile, roughly chop **cucumber**. Trim and halve **green beans**.

4



## Serve up

- Add **baby spinach leaves**, cucumber and a drizzle of olive oil and **white wine vinegar** to cooked couscous. Stir to combine and season to taste.
- Divide couscous between bowls and top with Mediterranean-style beef.
- Crumble with **cheese** and spoon over **Greek-style yoghurt**.
- Garnish with torn **mint** leaves to serve.

Enjoy!