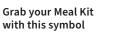
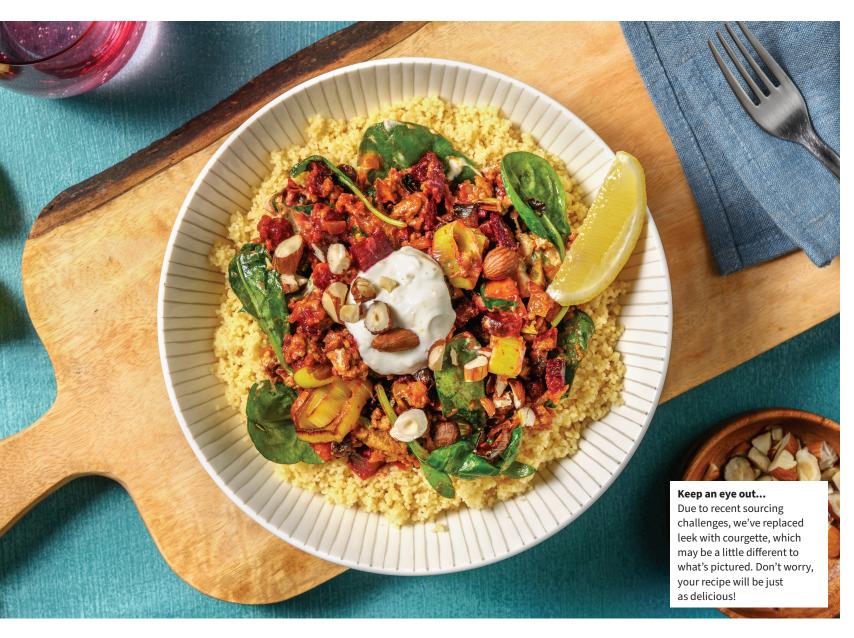


Roast Veggie & Beef Tagine Couscous Bowl with Almonds

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Brown Onion

Lemon

Courgette







Roasted Almonds









Vegetable Stock



Greek-Style Yoghurt



Beef Mince







Chermoula Spice Blend



Currants

Beef-Style

Baby Spinach Leaves

Pantry items Olive Oil

Hands-on: 20-30 mins Ready in: 30-40 mins

Take a little bit of chermoula spice, some flavoursome beef mince and a sprinkling of currants for sweetness, and what have you got? Why, it's the perfect recipe for a delicious beef and couscous tagine!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
beetroot	1	2	
courgette	1	2	
brown onion	1 (medium)	1 (large)	
garlic	2 cloves	4 cloves	
lemon	1/2	1	
roasted almonds	1 packet	2 packets	
couscous	1 packet	1 packet	
vegetable stock powder	1 medium sachet	1 large sachet	
boiling water*	¾ cup	1½ cups	
Greek-style yoghurt	1 medium packet	1 large packet	
beef mince	1 small packet	1 medium packet	
tomato paste	1 packet	2 packets	
chermoula spice blend	1 sachet	1 sachet	
beef-style stock powder	1 sachet (5g)	1 sachet (10g)	
currants	1 packet	1 packet	
water*	½ cup	1 cup	
baby spinach leaves	1 bag (30g)	1 bag (60g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3320kJ (793Cal)	530kJ (126Cal)
Protein (g)	47g	7.5g
Fat, total (g)	28.2g	4.5g
- saturated (g)	9.2g	1.5g
Carbohydrate (g)	79.1g	12.6g
- sugars (g)	31.7g	5.1g
Sodium (mg)	1630mg	260mg

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.



Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the carrot into bite-sized chunks. Cut the beetroot into small chunks. Slice the courgette into thick half-moons. Place the veggies on a lined oven tray, then drizzle with olive oil and season with salt. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.



Get prepped

While the veggies are roasting, boil the kettle. Finely chop the **brown onion** and **garlic**. Zest the **lemon** to get a pinch, then cut into wedges. Roughly chop the **roasted almonds**.



Cook the couscous

Place the **couscous** in a medium heatproof bowl, then sprinkle over the **vegetable stock powder**. Add the **boiling water** (3/4 cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside. In a small bowl, combine the **Greek-style yoghurt**, **lemon zest** and a squeeze of **lemon juice**. Season to taste and set aside.



Cook the beef

When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **beef mince**, breaking it up with a spoon, until browned, **3-4 minutes**. Add the **garlic**, **tomato paste** and **chermoula spice blend** and cook, stirring, until fragrant, **1-2 minutes**.



Simmer the sauce

Reduce the heat to medium, then add the **beef-style stock powder**, **currants** and the **water**. Stir, then simmer until slightly thickened, **3-5 minutes**. Season to taste. Remove the pan from the heat, then gently stir through a dollop of **lemon yoghurt**, the **roasted veggies** and 1/2 the **baby spinach leaves**. Set aside. Gently stir the remaining **baby spinach** through the **couscous** until combined.



Serve up

Divide the spinach couscous between bowls. Top with the beef and roast veggie tagine and the remaining lemon yoghurt. Sprinkle over the roasted almonds. Serve with any remaining lemon wedges.

Enjoy!