



Roast Veggie & Beef Tagine Couscous Bowl

with Almonds

Grab your Meal Kit with this symbol



Keep an eye out...
Due to recent sourcing challenges, we've replaced leek with courgette, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!



Carrot



Beetroot



Courgette



Brown Onion



Garlic



Lemon



Roasted Almonds



Couscous



Vegetable Stock Powder



Greek-Style Yoghurt



Beef Mince



Tomato Paste



Chermoula Spice Blend



Beef-Style Stock Powder



Currants



Baby Spinach Leaves

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!

Pantry items

Olive Oil

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

	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	½	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**.



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**.



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**.



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.



Cook the couscous

Place the **couscous** in a medium heatproof bowl, then sprinkle over the **vegetable stock powder**. Add the **boiling water** (¾ cup for 2 people / 1 ½ 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.



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!