



# Middle Eastern Beef Stew

with charred courgette, couscous and Greek style cheese

Family 35-40 mins

4



Beef Mince



Garlic



Chopped Tomato  
with Onion & Garlic



Courgette



Beef Stock



Couscous



Greek Style Cheese



Paprika



Ground Cumin



Pantry Items: Water, Salt, Pepper, Oil



## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater

## Ingredients

	2P	4P
Beef Mince	250 g	500 g
Garlic	1 unit	2 units
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Courgette	1 unit	2 units
Beef Stock	1 sachet	2 sachets
Couscous	100 g	200 g
Greek Style Cheese	100 g	200 g
Paprika	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	536.5 g	100 g
Energy (kJ/kcal)	2956 kJ/ 706.5 kcal	551 kJ/ 131.7 kcal
Fat (g)	33.7 g	6.3 g
Sat. Fat (g)	17.8 g	3.3 g
Carbohydrate (g)	53.2 g	9.9 g
Sugars (g)	13.9 g	2.6 g
Protein (g)	43.7 g	8.2 g
Salt (g)	4.4 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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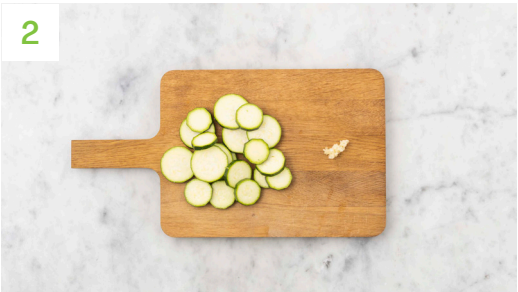


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### Brown the Beef

- Heat a drizzle of **oil** in a large pan on high heat.
- When the **oil** is hot, add the **beef mince**.
- Break up the **beef** with a wooden spoon as it browns and cook for 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The mince is cooked when no longer pink in the middle.



### Prep the Veg

- Trim the **courgette** then slice into rounds about 1cm thick.
- Peel and grate the **garlic** (or use a garlic press).



### Start the Stew

- Once the **beef** has browned, add the **ground cumin**, **paprika** and **garlic**.
- Stir and cook for 1 min more.
- Pour in the **chopped tomatoes** and 150ml **water** (double for 4p), then stir in the **beef stock**.
- Bring to the boil, then reduce the heat to medium-low.
- Leave the stew to simmer until thickened, 15-20 mins.



### Make the Couscous

- Meanwhile, boil your kettle (or a pot of water if you haven't got one).
- Put the **couscous** in a medium bowl. Add a drizzle of **oil** and season with **salt** and **pepper**.
- Pour 240ml boiling **water** (double for 4p) into the bowl.
- Stir together, cover and leave to the side for 10 mins or until ready to serve.



### Char the Courgette

- Place another pan on high heat (no oil).
- Add the **courgette** and leave to cook until charred, 4-5 mins each side.
- Transfer to a bowl, sprinkle with **salt** and **pepper** and set aside.



### Season and Serve

- Try the stew and season to taste with **salt** and **pepper** if needed.
- Fluff up the **couscous** with a fork and divide between bowls.
- Spoon over the **beef** stew and top with charred **courgette**.
- Crumble the **Greek style cheese** over the stew.

## Enjoy!