



# Easy Beef Chilli & Spinach Couscous

with Sour Cream & Tomato Corn Salsa

NEW

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Tomato



Sweetcorn



Lime



Beef Mince



Garlic Paste



Mexican Fiesta Spice Blend



Passata



Couscous



Vegetable Stock Powder



Light Sour Cream



Pork Mince

Prep in: 15-25 mins  
Ready in: 25-35 mins



Easily whip up this recipe for our take on the classic salad bowl - packed with refreshing veggies and a rich, tomatoey base. Don't forget a dollop of sour cream to perfectly complement the warmth of our Mexican Fiesta spice blend.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar, Butter

## 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
<b>olive oil*</b>	refer to method	refer to method
baby spinach leaves	1 small bag	1 medium bag
tomato	1	2
sweetcorn	1 small tin	1 large tin
lime	½	1
<b>white wine vinegar*</b>	drizzle	drizzle
beef mince	1 small packet	2 small packets OR 1 large packet
garlic paste	2 packets	4 packets
Mexican Fiesta spice blend 🌶️	1 sachet	2 sachets
passata	1 box	2 boxes
<b>salt*</b>	¼ tsp	½ tsp
<b>butter*</b>	20g	40g
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
light sour cream	1 medium packet	1 large packet
pork mince**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2582kJ (617Cal)	496kJ (119Cal)
Protein (g)	39.6g	7.6g
Fat, total (g)	24.1g	4.6g
- saturated (g)	10.3g	2g
Carbohydrate (g)	55g	10.6g
- sugars (g)	14g	2.7g
Sodium (mg)	1524mg	293mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2555kJ (611Cal)	491kJ (117Cal)
Protein (g)	36.1g	6.9g
Fat, total (g)	25.1g	4.8g
- saturated (g)	9.8g	1.9g
Carbohydrate (g)	55g	10.6g
- sugars (g)	14g	2.7g
Sodium (mg)	1524mg	293mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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



1



## Get prepped

- Boil the kettle.
- Roughly chop **baby spinach leaves** and **tomato**.
- Drain **sweetcorn**.
- Cut **lime** into wedges.
- In a medium bowl, combine **tomato**, **corn** and a drizzle of **white wine vinegar** and **olive oil**. Season.

3



## Make spinach couscous

- While the chilli is cooking, in a medium heatproof bowl, combine **couscous** and **vegetable stock powder**. Add **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork, stir **spinach** through and set aside.

2



## Make the chilli

- Heat a large frying pan over medium-high heat (no need for oil!). Add **beef mince** and cook, breaking up with a spoon, until browned, **4-5 minutes**.
- **SPICY!** This spice blend is hot! Add less if you're sensitive to heat. Add **garlic paste** and **Mexican fiesta spice blend** and cook, stirring, until fragrant, **1 minute**.
- Add **passata**, the **salt** and **butter** and simmer, stirring, until slightly thickened, **3-4 minutes**.

**Custom Recipe:** If you've swapped to pork mince, in a large frying pan, heat a drizzle of olive oil over high heat. Cook pork mince, breaking up with a spoon, until just browned, 3-4 minutes.

4



## Serve up

- Divide spinach couscous between bowls.
- Top with beef chilli and tomato corn salsa.
- Serve with **light sour cream** and **lime wedges**. Enjoy!

**Custom Recipe:** Top spinach couscous with pork chilli and tomato corn salsa. Serve with light sour cream and lime wedges as above.

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)