



Honey-Glazed Chermoula Beef & Pepitas

with Ras El Hanout-Spiced Roast Veggie & Wholemeal Couscous Toss

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Zucchini



Beetroot



Ras El Hanout



Garlic



Wholemeal Couscous



Chermoula Spice Blend



Salad Leaves



Pepitas



Beef Mince



Golden Goddess Dressing

Recipe Update

This week's pearl couscous was in short supply, so we replaced it with wholemeal couscous. Don't worry, the recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 30-40 mins

Get ready for an explosion of flavour! The beef is lightly spiced with our chermoula spice blend which contains spices such as paprika, cumin and turmeric, then finished in a sweet glaze of honey. Not to be outshined is the ras el hanout roasted veggie couscous which has been inspired by the flavours of Northern Africa. Topped with a drizzle of golden goddess dressing this dish is a delectable delight.

Pantry items

Olive Oil, Honey, Red 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
beetroot	1	2
ras el hanout	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cups
wholemeal couscous	1 packet	2 packets
garlic	2 cloves	4 cloves
beef mince	1 small packet	1 medium packet
chermoula spice blend	1 medium sachet	1 large sachet
honey*	1 tbs	2 tbs
salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
golden goddess dressing	2 packets	4 packets
pepitas	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2871kJ (686Cal)	638kJ (152Cal)
Protein (g)	43.1g	9.6g
Fat, total (g)	31.9g	7.1g
- saturated (g)	7.9g	1.8g
Carbohydrate (g)	50.9g	11.3g
- sugars (g)	19.7g	4.4g
Sodium (mg)	915mg	203mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **zucchini** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Sprinkle with **ras el hanout**, drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Flavour the beef

- To frying pan, add **garlic**, **chermoula spice blend** and the **honey** and cook, tossing, until fragrant, **30 seconds - 1 minute**. Season to taste.

TIP: For best results, drain the oil from the pan before cooking the glaze.

2



Cook the wholemeal couscous

- When veggies have **10 minutes** remaining, boil the kettle.
- Add the **boiling water** and a good pinch of **salt** to a medium saucepan and bring to the boil.
- Add **wholemeal couscous**. Stir to combine, cover with a lid and remove from the heat.
- Set aside until all the water is absorbed, **6 minutes**. Fluff up with fork and set aside, uncovered.

5



Bring it altogether

- Meanwhile, add **roasted veggies**, **salad leaves**, and a drizzle of **red wine vinegar** and **olive oil** to the saucepan with **couscous**.
- Toss to combine and season to taste.

3



Cook the beef

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **beef mince**, breaking up with a spoon, until just browned, **4-5 minutes**.

6



Serve up

- Divide wholemeal couscous toss between bowls.
- Top with honey-glazed spiced beef and **golden goddess dressing**.
- Sprinkle over **pepitas** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW47



Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate