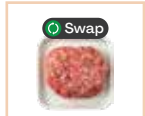




SuperQuick North African-Inspired Chorizo Stew

with Buttery Couscous and Almonds

15 Minutes



Ground Beef
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chorizo Sausage, uncased
250 g | 500 g



Couscous
½ cup | 1 cup



Crushed Tomatoes with Garlic and Onion
1 | 2



Moroccan Spice Blend
1 tbsp | 2 tbsp



Honey
2 | 4



Mirepoix
113 g | 227 g



Almonds, sliced
28 g | 56 g



Baby Spinach
56 g | 113 g



Feta Cheese, crumbled
¼ cup | ½ cup



Garlic Puree
1 tbsp | 2 tbsp



Chicken Stock Powder
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Pepper, oil, salt, butter

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot

1



Cook couscous

- Before starting, add $\frac{2}{3}$ cup (1 $\frac{1}{3}$ cups) water to a medium pot. Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Once water is boiling, add **1 tsp** (2 tsp) **chicken stock powder** and **couscous**. Remove from heat and stir to combine.
- Cover and let stand, 5 min.

2



Cook chorizo

- 🔄 Swap | **Ground Beef**
- Meanwhile, heat a large non-stick pan over high heat.
- When hot, add $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**, then **chorizo** and **mirepoix**. Cook, breaking up **chorizo** into smaller pieces, until no pink remains and **veggies** are tender-crisp, 3-4 min.**

3



Make sauce

- Add **Moroccan Spice Blend**, remaining **chicken stock powder** and **garlic puree**. Cook, stirring often, until fragrant, 1-2 min.
- Add **crushed tomatoes**. Cook, stirring occasionally, until thickened slightly, 2-3 min.
- Add **honey** and **spinach**. Cook, stirring occasionally, until **spinach** is wilted, 1-2 min.
- Season with **salt** and **pepper**.

4



Finish couscous

- When **couscous** is tender, fluff with a fork.
- Stir **1 tbsp** (2 **tbsp**) **butter** and **almonds** into the **couscous**.

5



Finish and serve

- Divide **couscous** between plates.
- Top with **chorizo stew**.
- Sprinkle **feta cheese** over top.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook beef

🔄 Swap | **Ground Beef**

If you've opted to get **beef**, omit oil, then add **beef** and **mirepoix** to the dry pan. Cook **beef** in the same way the recipe instructs you to cook the **chorizo**** Remove and discard excess fat, if desired.

** Cook to a minimum internal temperature of 74°C/165°F.