

QCOOK

Cozy Spiced Beef Couscous Bowl

with fresh parsley

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Chloe Hughes

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	502kj	2415kj
Energy	120kcal	578kcal
Protein	10.2g	49.3g
Carbs	15g	73g
of which sugars	2.5g	12g
Fibre	2.2g	10.7g
Fat	1.1g	5.2g
of which saturated	0.3g	1.6g
Sodium	86mg	416mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
150g	300g	Beef Strips
10ml	20ml	Stock & Flour Mix <i>(5ml [10ml] Beef Stock & 5ml [10ml] Cornflour)</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
50g	100g	Kale <i>rinse & roughly shred</i>
50g	100g	Corn
3g	5g	Fresh Thyme <i>rinse</i>
5ml	10ml	Nomu Does Everything
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Paper Towel
Seasoning (salt & pepper)
Butter
Water

- 1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.
- 2. BEEF** Place a pan over high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Remove from the pan and season.
- 3. SAUCY MOMENT** Mix the stock & flour with 100ml [200ml] of water. Return the pan to medium heat with a knob of butter. Fry the onion and corn until golden, 5-6 minutes. Add the thyme sprigs, NOMU rub, and fry until fragrant, 30-60 seconds. Mix in the diluted stock & flour. Simmer until the sauce thickens, 6-8 minutes. Mix in the beef and kale, and cook until the kale is wilted through, 2-3 minutes. Remove from the heat, discard the thyme sprigs, and season.
- 4. DINNER IS READY** Bowl up the fluffy couscous, top with the loaded beef, and garnish with the parsley.