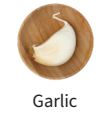


Lebanese Beef & Eggplant Maghmour

with Garlic Couscous

Grab your Meal Kit with this symbol



 Hands-on: **20-30 mins**
Ready in: **30-40 mins**

 Calorie Smart

Traditionally a vegetarian Moussaka-style dish from Lebanon, we've added rich beef mince to this velvety maghmour for the ultimate flavour. With roasted eggplant stirred through and fluffy garlic couscous to soak up the stew, you'll be glad you ventured out for this weeknight dinner.

Pantry items

Olive Oil, Butter

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 · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	1	2
brown onion	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
silverbeet	1 bunch	1 bunch
flaked almonds	1 packet	2 packets
beef mince	1 small packet	1 medium packet
tomato paste	1 packet	2 packets
rustic herb spice blend	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
chicken-style stock powder	1 sachet	2 sachets
water*	¾ cup	1½ cups
couscous	1 packet	1 packet
butter*	15g	30g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2336kJ (558Cal)	382kJ (91Cal)
Protein (g)	39.6g	6.5g
Fat, total (g)	15.4g	2.5g
- saturated (g)	6.5g	1.1g
Carbohydrate (g)	61.5g	10g
- sugars (g)	19.2g	3.1g
Sodium (mg)	2476mg	405mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the eggplant

Preheat the oven to **220°C/200°C fan-forced**. Cut the **eggplant** into bite-sized chunks and place on a lined oven tray. Add **olive oil** (2 tbs for 2 people / 1/4 cup for 4 people) and season with **salt**. Roast until tender, **20-22 minutes**.

TIP: Adding enough oil will ensure the eggplant cooks in time.



Get prepped

While the eggplant is roasting, finely chop the **brown onion** and **garlic**. Thinly slice the **silverbeet**. Heat a large frying pan over medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Start the stew

When the eggplant has **10 minutes** cook time remaining, return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **onion** and **beef mince**, breaking the **mince** up with a spoon, until browned, **4-5 minutes**. Add the **tomato paste**, **rustic herb spice blend**, **garlic & herb seasoning** and 1/2 the **garlic** and cook until fragrant, **1 minute**. Add the **chopped tomatoes** and **chicken-style stock powder**. Stir to combine, then reduce heat to medium and simmer until thickened slightly, **5-8 minutes**.

TIP: Add a splash of water if the stew looks dry.



Cook the garlic couscous

While the stew is simmering, heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Add the **water** and a pinch of **salt** and bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Finish the stew

While the couscous is cooking, add the **silverbeet**, roasted **eggplant** and the **butter** to the stew. Cook until wilted, **2-3 minutes**. Season to taste.



Serve up

Divide the garlic couscous between bowls and top with the Lebanese beef and eggplant maghmour. Sprinkle over the toasted almonds.

Enjoy!