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hello@hellofresh.com.au | (02) 8188 8722

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Moroccan Beef Couscous Salad with Green Beans

This delicious salad inspired by the spices of Morocco is studded with colourful treasures. Chief among them is blistered cherry tomatoes, which are marinated in tasty cumin and then burst into glorious flavour, infusing tasty roasted chickpeas and green beans. What a delight!

 **Prep:** 10 mins
 **Cook:** 30 mins
Total: 40 mins

 level 1

 helping hands

Pantry Items



Olive Oil



Water



Butter



Cherry Tomatoes



Chickpeas



Red Onion



Cumin



Lemon



Green Beans



Couscous



Speedy Rump Steaks



Parsley

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QTY

Ingredients

1 punnet	cherry tomatoes	
1 tin	chickpeas, drained & rinsed	
1	red onion, sliced into wedges	⊕
1 tsp	cumin	
1 tbs	olive oil *	
½	lemon	⊕
300 g	green beans, ends trimmed & beans halved	
1 ½ cups	couscous	
1 ½ cups	boiling water *	
2 tsp	butter *	
600 g	speedy rump steaks	
½ bunch	parsley, leaves picked	⊕

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2790	Kj
Protein	49.8	g
Fat, total	13.6	g
-saturated	4.6	g
Carbohydrate	80.8	g
-sugars	4.7	g
Sodium	106	mg

2a



You will need: *chef's knife, chopping board, sieve, 2 large bowls, baking paper lined oven tray, aluminium foil, cling wrap, plate, fork, and a large frying pan.*

1 Preheat the oven to **220°C/200°C fan-forced**.

2 In a large bowl, combine the **cherry tomatoes**, **chickpeas** and **red onion**. Drizzle with the **cumin** and the **olive oil**. Season with **salt** and **pepper**. Toss the ingredients so that they are coated and then tip onto the prepared oven tray. Add the **lemon** half to the side of the tray. Cook in the oven for **30 minutes** or until the tomatoes have blistered and the chickpeas are golden. Half way through cooking add the **green beans** to the tray and give it a little shake to redistribute the seasoning.

2b



3 Meanwhile, in a large bowl combine the **couscous** and **boiling water** (the best couscous is made with equal parts couscous and water). Stir with a fork and tightly cover with cling wrap. Set aside for **5 minutes**. Remove the cling wrap and fluff with a fork. Season to taste with salt and pepper and stir through the **butter**. Set aside.

4a



4 Season the **speedy rump steaks** with salt, pepper and a drizzle of olive oil. Heat a large frying pan over a medium-high heat. Add the steaks to the pan and cook for **1 minute** on each side for medium rare, or until cooked to your liking. Set aside on a plate and cover with foil for **3 minutes** and then slice into strips.

4b



5 Add the sliced beef, roast vegetables, chickpeas and **parsley** to the couscous. Squeeze over the lemon juice from the roasted lemon. Stir to combine.

6 To serve, divide the couscous salad between plates. Enjoy!