



# Garlic Beef & Roast Veggie Couscous with Fetta

FRESH & FAST

Box to plate: 15 mins

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 3079kJ (736Cal) | Protein 43.4g | Fat, total 44.6g - saturated 7.6g | Carbohydrate 39.6g - sugars 10.3g | Sodium 1241mg  
The quantities provided above are averages only.

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2023 | WK24 | W



# Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Beef Strips	1 small pkt	1 medium pkt
Couscous With Roasted Vegetables	1 medium pkt	2 medium pkts
Dill & Parsley Mayonnaise	1 medium pkt	1 large pkt
Fetta Cubes	1 medium pkt	1 large pkt

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Capsicum



Beef Strips



Garlic & Herb Seasoning

## 2. Zap



Couscous with Roasted Vegetables



Roasted Almonds

## 3. Toss



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Fetta Cubes

- In a frying pan, heat **oil** over high heat
- Slice **capsicum**. Cook **capsicum** for **3-4 mins**
- Add **beef** and **seasoning** and cook, tossing, until browned, **2 mins**. Season

- Prick a few holes in **couscous** packet. Zap in microwave until steaming, **1 min**
- Roughly chop **almonds**

- Toss **spinach & rocket** in a bowl with the **couscous**
- Drizzle with **oil** and season
- Serve up **couscous, beef, capsicum, herby mayo, almonds** and **fetta**



### Rate your recipe

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