

FRESH & FAST

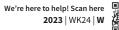
Box to plate: 15 mins

Garlic Beef & Roast Veggie Couscous with Fetta





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.





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

 $\langle along \ with \ the \ basics \rangle$



Microwave

Large Frying Pan

From the pantry



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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





Garlic & Herb Seasoning 2. Zap



Couscous R 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







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