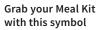




# Spiced Beef & Veggie Couscous with Creamy Pesto Dressing









Stock Powder









Tomato

**Baby Spinach** 





(Optional)

Creamy Pesto Dressing





Prep in: 10 mins Ready in: 10 mins

We've crammed tonnes of fun and flavour into this colourful bowl of deliciousness. From spiced beef to the herby dressing, the flavours in this lunch are sure to take your tastebuds to their happy place!

**Pantry items** 

SGY\_Aussie Beef & Veggie Couscous.indd 1 3/5/2023 9:36:12 am

SGY



# Before you start Wash your hands and any fresh food.

#### You will need

Large frying pan

### Ingredients

	2 People
olive oil*	refer to method
couscous	1 medium packet
chicken-style stock powder	1 medium sachet
boiling water*	¾ cup
beef strips	1 medium packet
Aussie spice blend	1 medium sachet
tomato	1
baby spinach leaves	1 small bag
chilli flakes ∮ (optional)	pinch
creamy pesto dressing	2 packets (100g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3010kJ (719Cal))	986kJ (235Cal)
Protein (g)	36.9g	12.1g
Fat, total (g)	45.3g	14.8g
- saturated (g)	7g	2.3g
Carbohydrate (g)	39.2g	12.8g
- sugars (g)	3.6g	1.2g
Sodium (mg)	1142mg	374mg

The quantities provided above are averages only.

## 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.



#### Make the couscous

- Boil the kettle. In a large heatproof bowl, combine couscous and chicken-style stock powder.
- Add the **boiling water (see ingredients)** and stir to combine. Immediately cover with plate and leave for 5 minutes.
- · Fluff up with fork and set aside.



#### Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook beef strips and Aussie spice blend, in batches, tossing, until browned, 1-2 minutes.
- · Remove from heat and set aside to cool.



#### Pack it up

- Roughly chop tomato and baby spinach leaves.
- To bowl with **couscous**, add **tomato**, **spinach** and **chilli flakes** (if using).
- Divide veggie couscous and beef between two microwave safe containers. Refrigerate.



### Serve up

- When you're ready for lunch, microwave Aussie beef and veggie couscous on high for 30 second blasts, or until heated to your liking.
- Toss to combine and season to taste. Top with **creamy pesto dressing** to serve. Enjoy!



Scan here if you have any questions or concerns



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