



# Spiced Beef & Veggie Couscous

with Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Couscous



Chicken-Style Stock Powder



Beef Strips



Aussie Spice Blend



Tomato



Baby Spinach Leaves



Chilli Flakes (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

Olive Oil

SGY





## Before you start

Wash your hands and any fresh food.

## You will need

Large frying pan

## Ingredients

	<b>2 People</b>
<b>olive oil*</b>	refer to method
couscous	1 medium packet
chicken-style stock powder	1 medium sachet
<b>boiling water*</b>	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)

\*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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## 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.

3



## 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.

2



## 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.

4



## 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!

## Rate your recipe

Did we make your tastebuds happy?

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