



# Middle Eastern Beef & Bulgur Bowl

with Roast Root Veggies & Garlic Sauce

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Beetroot



Carrot



Bulgur Wheat



Chicken-Style Stock Powder



Baby Spinach Leaves



Green Dressing



Ras El Hanout



Beef Strips



Garlic Sauce



Beef Strips

Prep in: 15-25 mins  
Ready in: 30-40 mins

*\*Custom recipe is not Calorie Smart or Dietitian Approved*



This weeknight-friendly recipe comes together with minimal prep, yet yields maximum flavour. The 'secret' is a handful of shortcut ingredients, like ready-to-cook beef strips, flavoured with our ras el hanout spice blend. Hardier than couscous, the bulgur wheat provides the perfect amount of chew, and stands up well to the sweet and earthy veg.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
carrot	1	2
bulgur wheat	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	1¼ cups	2½ cups
baby spinach leaves	1 medium bag	1 large bag
green dressing	1 medium packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
<b>honey*</b>	2 tsp	1 tbs
beef strips	1 small packet	2 small packets OR 1 large packet
garlic sauce	1 medium packet	2 medium packets
beef strips**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	557kJ (133Cal)
Protein (g)	39.6g	8.8g
Fat, total (g)	22.9g	5.1g
- saturated (g)	4.8g	1.1g
Carbohydrate (g)	57.8g	12.8g
- sugars (g)	22g	4.9g
Sodium (mg)	1025mg	228mg
Dietary Fibre (g)	12g	2.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3276kJ (783Cal)	570kJ (136Cal)
Protein (g)	69.2g	12g
Fat, total (g)	30.1g	5.2g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	57.8g	10.1g
- sugars (g)	22g	3.8g
Sodium (mg)	1093mg	190mg

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



## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into 1cm chunks.
- Cut **carrot** into half-moons.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

3



## Bring it all together

- Meanwhile, in a medium bowl, combine **ras el hanout**, the **honey**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **beef strips**, tossing to coat.
- When the veggies have **5 minutes** remaining, heat a frying pan with a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Remove from heat.
- When the bulgur is ready, stir through **roasted veggies**, **baby spinach leaves** and **green dressing**. Season to taste. Toss to combine.

**TIP:** Cooking the beef in batches over high heat helps it stay tender.

**Custom Recipe:** If you've doubled your beef strips, combine extra beef strips with spice blend as above. Cook in batches for the best results.

2



## Cook the bulgur wheat

- Meanwhile, heat a medium saucepan over medium-high heat. Add **bulgur wheat**, **chicken-style stock powder** and the **water**. Stir to combine, then bring to the boil. Cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat and keep covered until bulgur is tender and water is absorbed, **10-12 minutes**.

**TIP:** The bulgur will finish cooking in its own steam, so don't peek!

4



## Serve up

- Divide bulgur and roast veggies between bowls. Top with Middle Eastern beef, spooning over any juices from the pan.
- Serve with a dollop of **garlic sauce**. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!  
Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)