



Easy Mediterranean Beef & Veggie Couscous

with Creamy Pesto Dressing & Fetta

Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Baby Spinach Leaves



Mediterranean Seasoning



Beef Strips



Lemon



Vegetable Stock Powder



Couscous



Creamy Pesto Dressing



Fetta Cubes



Flaked Almonds



Beef Rump

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

We've crammed tons and tons of flavour into this colourful bowl of deliciousness. From herby to salty, the flavours in this balanced meal are sure to take your tastebuds to their happy place!

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

Pantry items

Olive Oil

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
olive oil*	refer to method	refer to method
carrot & zucchini mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
Mediterranean seasoning	1 medium sachet	2 medium sachets
beef strips	1 small packet	2 small packets OR 1 large packet
lemon	½	1
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
fetta cubes	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2869kJ (686Cal)	598kJ (143Cal)
Protein (g)	42.5g	8.9g
Fat, total (g)	34.8g	7.2g
- saturated (g)	7.4g	1.5g
Carbohydrate (g)	46.7g	9.7g
- sugars (g)	9.6g	2g
Sodium (mg)	1646mg	343mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2774kJ (663Cal)	549kJ (131Cal)
Protein (g)	43.5g	8.6g
Fat, total (g)	31.7g	6.3g
- saturated (g)	5.9g	1.2g
Carbohydrate (g)	46.7g	9.2g
- sugars (g)	9.6g	1.9g
Sodium (mg)	1653mg	327mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **carrot & zucchini mix** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, roughly chop **baby spinach leaves**.
- In a medium bowl, combine **Mediterranean seasoning** and a drizzle of **olive oil**, then season. Add **beef strips** and toss to coat. Set aside.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender). Season beef as above.

3



Cook the beef

- When veggies have **5 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned, **1-2 minutes**. Transfer to a plate.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef rump, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 minutes. Slice steak to serve.

2



Cook the couscous

- Zest **lemon** and cut into wedges.
- In a medium saucepan, add the **water** and **vegetable stock powder** and bring to the boil over medium-high heat.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.
- Fluff up with a fork.

4



Serve up

- Add roasted veggies, baby spinach, lemon zest and a drizzle of olive oil to the couscous. Toss to combine.
- Divide roast veggie couscous between bowls. Top with Mediterranean beef strips and spoon over any resting juices.
- Top with **creamy pesto dressing** and **fetta cubes**.
- Garnish with **flaked almonds** and serve with lemon wedges. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate