



Middle Eastern Dukkah Beef & Baby Kale

with Cherry Tomato Couscous Salad & Yoghurt

Grab your Meal Kit with this symbol



Carrot



Garlic



Snacking Tomatoes



Vegetable Stock Powder



Couscous



Beef Rump



Dukkah



Baby Kale



Greek-Style Yoghurt



Beef Rump

Prep in: **15-25 mins**
Ready in: **25-35 mins**



Calorie Smart*

*Custom Recipe is not Calorie Smart

Can we have a huzzah for dukkah? We know you'll be cheering for this delicious number, with a spice that's fit for this tender beef rump. With the addition of a veggie-filled couscous at play, there's nothing not to love about this easy weeknight supper.

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

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	1 clove	2 cloves
snacking tomatoes	1 punnet	2 punnets
butter*	40g	80g
water*	¾ cup	1 ½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
beef rump	1 small packet	2 small packets OR 1 large packet
dukkah	1 medium sachet	1 large sachet
baby kale	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	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)	2656kJ (635Cal)	552kJ (132Cal)
Protein (g)	43.2g	9g
Fat, total (g)	29.1g	6.1g
- saturated (g)	14.4g	3g
Carbohydrate (g)	47.9g	10g
- sugars (g)	10.1g	2.1g
Sodium (mg)	888mg	185mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	528kJ (126Cal)
Protein (g)	73.8g	11.7g
Fat, total (g)	33.3g	5.3g
- saturated (g)	15.9g	2.5g
Carbohydrate (g)	47.9g	7.6g
- sugars (g)	10.1g	1.6g
Sodium (mg)	963mg	153mg

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



Make the carrot couscous

- Grate **carrot**.
- Finely chop **garlic**.
- Halve **snacking tomatoes**.
- In a medium saucepan, melt half the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **vegetable stock powder**. Bring to the boil.
- Add **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.

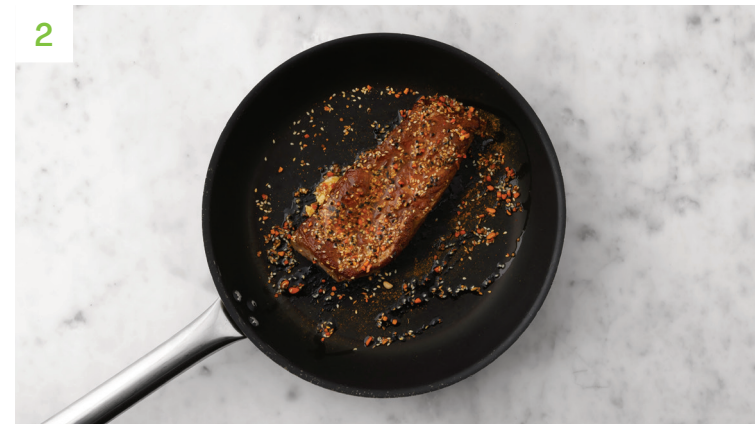
3



Finish the couscous

- In a large bowl, combine **carrot couscous**, **tomatoes**, **baby kale** and a drizzle of the **white wine vinegar**. Season to taste.

2



Cook the beef

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, add **dukkah** and remaining **butter** and turn to coat **1-2 minutes**. Transfer to a plate to rest.

TIP: Pounding the beef ensures that it's extra tender once cooked.

Custom Recipe: If you've doubled your beef rump, prepare as above. Cook in batches for best results, then return all beef to the pan and add the dukkah and butter as above. Transfer to a plate to rest.

4



Serve up

- Slice dukkah steak.
- Divide baby kale and cherry tomato couscous salad between plates. Top with beef. Spoon remaining dukkah from pan over steak.
- Add a dollop of **Greek-style yoghurt** to serve. Enjoy!

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