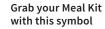
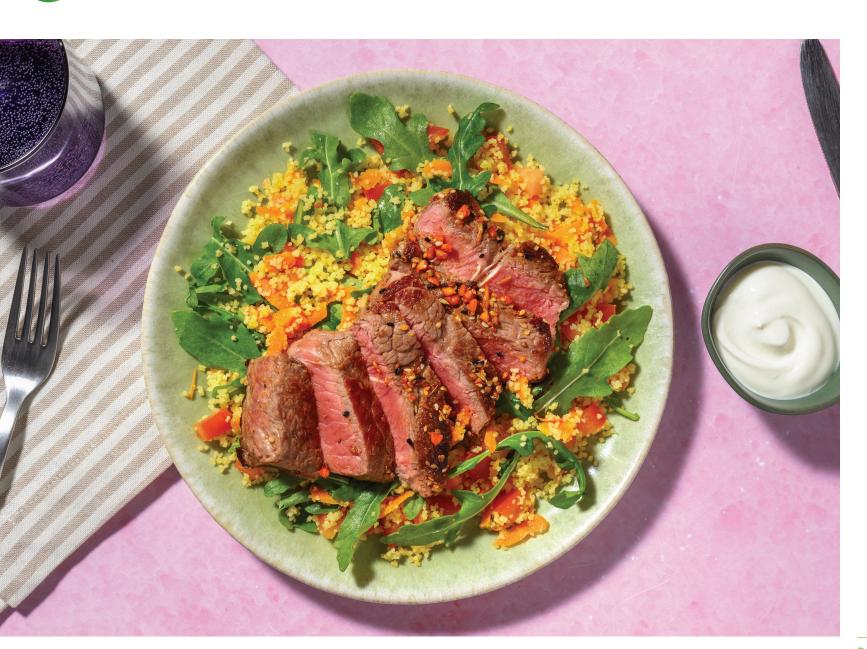
Middle Eastern Dukkah Beef

with Rocket & Tomato Couscous Salad

















Powder





Beef Rump





Rocket Leaves



Greek-Style Yoghurt



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. **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

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
garlic	1 clove	2 cloves	
tomato	1	2	
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	
rocket leaves	1 small bag	1 medium 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

Per Serving	Per 100g		
2618kJ (626Cal)	615kJ (147Cal)		
42.5g	10g		
29.1g	6.8g		
14.4g	3.4g		
47g	11g		
11.1g	2.6g		
858mg	202mg		
	2618kJ (626Cal) 42.5g 29.1g 14.4g 47g 11.1g		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3293kJ (787Cal)	572kJ (137Cal)
Protein (g)	73.1g	12.7g
Fat, total (g)	33.3g	5.8g
- saturated (g)	15.9g	2.8g
Carbohydrate (g)	47g	8.2g
- sugars (g)	11.1g	1.9g
Sodium (mg)	933mg	162mg

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





Make the carrot couscous

- Grate carrot.
- · Finely chop garlic.
- · Roughly chop tomato.
- 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.



Finish the couscous

• In a large bowl, combine carrot couscous, tomato, rocket leaves and a drizzle of the white wine vinegar. Season to taste.

TIP: Finish the couscous in the saucepan to save on washing up!

Top Steak Tips!

- Use paper towel to pat steak dry before seasoning.
 Check if steak is done by pressing on it gently with tongs rare steak is soft, medium is springy and well-done
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Cook the beef

- Meanwhile, 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, reduce heat to medium, 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, cook as above, in batches.



Serve up

- · Slice dukkah steak.
- Divide rocket and tomato couscous salad and beef between plates.
- Spoon remaining dukkah from pan over steak. Top with Greek-style yoghurt to serve. Enjoy!

Rate your recipe

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