



Middle Eastern Dukkah Beef

with Rocket & Tomato Couscous Salad

Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Vegetable Stock Powder



Couscous



Beef Rump



Dukkah



Rocket Leaves



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
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

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2618kJ (626Cal)	615kJ (147Cal)
Protein (g)	42.5g	10g
Fat, total (g)	29.1g	6.8g
- saturated (g)	14.4g	3.4g
Carbohydrate (g)	47g	11g
- sugars (g)	11.1g	2.6g
Sodium (mg)	858mg	202mg

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



1



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.

3



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!

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

2



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.

4



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!

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