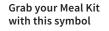


# Herby Italian Beef & Green Veggie Couscous

with Fetta & Dill-Parsley Dressing

MEDITERRANEAN WINTER

KID FRIENDLY









Stock Powder





Couscous









Kale & Spinach



Balsamic Vinaigrette

Dressing

**Beef Strips** 



Dill & Parsley Mayonnaise





Fetta Cubes

Prep in: 15-25 mins Ready in: 20-30 mins





If you haven't noticed, we are huge fans of the gorgeous grain couscous, so to show it some extra love, we've paired it with some bright greens and some herby beef strips. Drizzle over the dill-parsley dressing and crumble over the fetta and you've got yourself another HF favourite.

**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

Medium saucepan with a lid · Large frying pan

#### Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
garlic	2 cloves	4 cloves		
boiling water*	¾ cup	1½ cups		
chicken-style stock powder	1 medium sachet	1 large sachet		
couscous	1 medium packet	1 large packet		
trimmed green beans	1 medium bag	1 large bag		
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet		
beef strips	1 small packet	2 small packets OR 1 large packet		
kale & spinach	1 medium bag	1 large bag		
balsamic vinaigrette dressing	1 packet	2 packets		
dill & parsley mayonnaise	1 medium packet	1 large packet		
fetta cubes	1 medium packet	1 large packet		
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet		

\*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2655kJ (635Cal)	<b>775kJ</b> (185Cal)
Protein (g)	41.7g	12.2g
Fat, total (g)	32.4g	9.5g
- saturated (g)	6.7g	2g
Carbohydrate (g)	43g	12.6g
- sugars (g)	6.4g	1.9g
Sodium (mg)	1797mg	525mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (621Cal)	<b>679kJ</b> (162Cal)
Protein (g)	48.7g	12.7g
Fat, total (g)	27.6g	7.2g
- saturated (g)	4.4g	1.2g
Carbohydrate (g)	42.9g	11.2g
- sugars (g)	6.4g	1.7g
Sodium (mg)	1799mg	470mg

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 couscous

- Boil the kettle. Finely chop garlic.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook garlic until fragrant, 1 minute. Add the boiling water (¾ cup for 2 people / 1½ cups for 4 people) and chicken-style stock powder and bring to the boil
- Add couscous and stir to combine. Cover with a lid and remove from heat.
  Set aside until the water is absorbed, 5 minutes. Fluff up with a fork.



# Cook the beef

- While the green beans are cooking, in a medium bowl, combine garlic & herb seasoning, beef strips and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook beef strips, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.

**Custom Recipe:** If you've swapped to chicken tenderloins, while green beans are cooking, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook chicken tenderloins until browned and cooked through (when no longer pink inside), 3-4 minutes each side. In the last minute of cook time, sprinkle over garlic & herb seasoning, turning to coat.



## Cook the green beans

- Meanwhile, add **trimmed green beans** and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave green beans on high until just tender, 2-4 minutes.
- Drain green beans, then return to the bowl. Season and cover to keep warm.



# Serve up

- To pan with couscous, add cooked green beans, kale & spinach and balsamic vinaigrette dressing. Toss to combine and season to taste.
- Divide green veggie couscous between bowls. Top with herby Italian beef and dill & parsley mayonnaise.
- Crumble over fetta cubes to serve. Enjoy!

Custom Recipe: Top with chicken to serve.

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