



Beef & Roast Veggie Couscous

with Dill-Parsley Mayo & Almonds

Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Nan's Special Seasoning



Beef Strips



Chicken-Style Stock Powder



Couscous



Rocket Leaves



Dill & Parsley Mayonnaise



Flaked Almonds



Beef Rump

Prep in: **10-20 mins**
Ready in: **25-35 mins**

Calorie Smart

You can always count on Nan's special seasoning to jazz up whatever protein you're having. With hints of paprika, pepper, onion and garlic, it works a treat with tender beef strips. Serve on a bed of fluffy couscous and colourful veg and you have yourself a dinner that's surprisingly simple - and good for you!

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

Pantry items

Olive Oil, Butter

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
Nan's special seasoning	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
boiling water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
butter*	10g	20g
rocket leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	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)	2703kJ (646Cal)	667kJ (159Cal)
Protein (g)	40.5g	10g
Fat, total (g)	32.6g	8g
- saturated (g)	7.7g	1.9g
Carbohydrate (g)	46.4g	11.4g
- sugars (g)	9.2g	2.3g
Sodium (mg)	1071mg	264mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2581kJ (617Cal)	600kJ (143Cal)
Protein (g)	41.4g	9.6g
Fat, total (g)	28.9g	6.7g
- saturated (g)	5.8g	1.3g
Carbohydrate (g)	46.4g	10.8g
- sugars (g)	9.2g	2.1g
Sodium (mg)	1076mg	250mg

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**. Boil the kettle.
- Place **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



Cook the beef

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

TIP: Cooking the beef in batches over high heat helps it stay tender.

Custom Recipe: Prepare the frying pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness) or until cooked to your liking. Transfer to a plate to rest.

2



Get prepped

- Meanwhile, in a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **beef strips**, tossing to coat. Set aside.
- In a medium saucepan, combine the **boiling water** (¾ cup for 2P / 1 ½ cups for 4P) and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and the **butter**. Cover with a lid and remove from heat.
- Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.

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. Season beef with salt and pepper. Add beef to the bowl with the seasoning as above, turning to coat. Continue with the step.

4



Serve up

- Gently stir **rocket leaves** and roasted veggies through couscous. Season to taste.
- Divide roast veggie couscous between bowls. Top with Nan's seared beef and a dollop of **dill & parsley mayonnaise**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Custom Recipe: Slice beef to serve.

Rate your recipe

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