



Herby Italian Beef & Green Veggie Couscous

with Fetta & Dill-Parsley Dressing

MEDITERRANEAN

KID FRIENDLY

Grab your Meal Kit with this symbol



Garlic



Chicken-Style Stock Powder



Couscous



Trimmed Green Beans



Tomato & Herb Seasoning



Beef Strips



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Fetta Cubes



Chicken Tenderloins

Prep in: 15-25 mins
Ready in: 20-40 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

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.

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

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

	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 bag	1 bag
tomato & herb seasoning	1 sachet	2 sachets
beef strips	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	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)	2664kJ (637Cal)	778kJ (186Cal)
Protein (g)	41.4g	12.1g
Fat, total (g)	32.7g	9.5g
- saturated (g)	6.9g	2g
Carbohydrate (g)	43g	12.6g
- sugars (g)	6.4g	1.9g
Sodium (mg)	1794mg	524mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2596kJ (620Cal)	679kJ (162Cal)
Protein (g)	48.6g	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)	1794mg	469mg

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 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 fork.

Little cooks: Help fluff up the couscous once the pan has cooled down!

3



Cook the beef

- While green beans are cooking, in a medium bowl, combine **tomato & 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**, tossing, in batches (this helps the beef stay tender) 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 tomato & herb seasoning, turning to coat.

2



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.

4



Serve up

- To pan with couscous, add cooked green beans, **baby spinach leaves** 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!

Little cooks: Add the finishing touch by crumbling over the fetta cubes!

Custom Recipe: Top couscous with chicken.

Rate your recipe

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