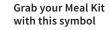


Middle Eastern Dukkah Beef

with Rocket & Tomato Couscous Salad

SUMMER SALADS













Vegetable Stock









Dukkah

Yoghurt



Rocket Leaves



Prep in: 15-25 mins Ready in: 25-35 mins

Calorie Smart* *Custom recipe is not Calorie Smart We're in our light and bright era this autumn, so only a salad will do. 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

Ingradiants

ingi edients			
	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	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
beef rump	1 medium packet	2 medium packets OR 1 large packet	
dukkah	1 medium sachet	1 large sachet	
rocket leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	
beef rump**	1 medium packet	2 medium packets OR 1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Per Serving	Per 100g
2578kJ (616Cal)	660kJ (158Cal)
42.3g	10.8g
29.1g	7.4g
14.4g	3.7g
44.7g	11.4g
9g	2.3g
871mg	223mg
	2578kJ (616Cal) 42.3g 29.1g 14.4g 44.7g 9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3253kJ (777Cal)	602kJ (144Cal)
Protein (g)	72.9g	13.5g
Fat, total (g)	33.3g	6.2g
- saturated (g)	15.9g	2.9g
Carbohydrate (g)	44.7g	8.3g
- sugars (g)	9g	1.7g
Sodium (mg)	937mg	173mg

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!

2024 | CW12

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

Top Steak Tips!

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

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

- 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!

Cook the beef

- See 'Top Steak Tips!' (Below). Meanwhile, place beef rump between two sheets of baking paper.
- Pound beef with a meat mallet or rolling pin until slightly flattened (this ensures the beef is tender). Season 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.

Custom Recipe: If you've doubled your beef rump, cook beef, as above, in batches for best results.



Serve up

- Slice dukkah steak.

Rate your recipe

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- 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.