HELLO FRESH

Easy Aussie Beef & Roast Veggie Couscous
with Herby Mayo Dressing & Almonds

FAMILY FAVOURITE

Cauliflower

Red Onion

Carrot & Zucchini Mix

Chicken-Style Stock Powder

Couscous

Baby Spinach Leaves

Aussie Spice Blend

Beef Strips

Dill & Parsley Mayonnaise

Flaked Almonds

Beef Strips

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

From the mildly-spiced beef strips to the naturally sweet roasted veg and creamy dill and parsley dressing, the flavours in this colourful number are sure to take your tastebuds to their happy place! Don't forget to sprinkle with flaked almonds for crunch.

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

Pantry items
Olive Oil, Butter

AM

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
cauliflower	1 medium portion	1 large portion
red onion	1	2
carrot & zucchini mix	1 medium packet	1 large packet
*water**	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
*butter**	20g	40g
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

***Pantry Items **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3216kJ (769Cal)	527kJ (126Cal)
Protein (g)	43.3g	7.1g
Fat, total (g)	41.7g	6.8g
- saturated (g)	11g	1.8g
Carbohydrate (g)	54.2g	8.9g
- sugars (g)	16.7g	2.7g
Sodium (mg)	1150mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3998kJ (956Cal)	544kJ (130Cal)
Protein (g)	72.7g	9.9g
Fat, total (g)	49.3g	6.7g
- saturated (g)	14.3g	1.9g
Carbohydrate (g)	54.2g	7.4g
- sugars (g)	16.7g	2.3g
Sodium (mg)	1213mg	165mg

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**.
- Chop **cauliflower** (including the stalk!) into small florets.
- Cut **red onion** into thick wedges.
- Place **cauliflower**, **onion** and **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**.

TIP: *If the veggies don't fit in a single layer, divide veggies between two trays!*

3

Cook the beef

- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.
- When roast veggies are done, transfer **veggies** to saucepan with the couscous. Add the **butter** and **baby spinach leaves**, gently tossing to combine. Season to taste.

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

Custom Recipe: If you've doubled your beef strips, coat beef in spice blend as above. Heat frying pan as above, cooking beef in batches for best results.

2

Cook the couscous

- Meanwhile, in a medium saucepan, combine the **water** 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 all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Roughly chop **baby spinach leaves** and set aside.

4

Serve up

- Divide roast veggie couscous between bowls.
- Top with Aussie beef and any resting juices.
- Top with a dollop of **dill & parsley mayonnaise**.
- Sprinkle with **flaked almonds** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate