



# Peri-Peri Beef Rump & Warm Couscous Salad

with Garlic Sauce & Chilli Flakes

Grab your Meal Kit with this symbol



Tomato



Cucumber



Beef Rump



Peri-Peri Seasoning



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Golden Goddess Dressing



Garlic Sauce



Chilli Flakes (Optional)



Beef Rump

Prep in: **10-20 mins**  
Ready in: **20-30 mins**

Calorie Reduced\*  
*\*Custom recipe is not Calorie Reduced*

Sometimes only a big bowl of our favourite couscous will do! The grain so nice that they named it twice, will provide the best base for peri-peri seasoned beef rump. With veggies aplenty and garlic sauce, you're sure to have some major smiles on your dial.

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

### Pantry items

Olive Oil, Honey

## 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

Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
cucumber	1	2
beef rump	1 medium packet	1 large packet
peri-peri seasoning	1 medium sachet	2 medium sachets
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
<b>honey*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
garlic sauce	1 medium packet	2 medium packets
chilli flakes (optional)	pinch	pinch
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2147kJ (513Cal)	529kJ (126Cal)
Protein (g)	39.8g	9.8g
Fat, total (g)	17.6g	4.3g
- saturated (g)	2.7g	0.7g
Carbohydrate (g)	47.1g	11.6g
- sugars (g)	9.7g	2.4g
Sodium (mg)	1371mg	338mg
Dietary Fibre (g)	4.2g	1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	508kJ (121Cal)
Protein (g)	70.4g	12.7g
Fat, total (g)	21.8g	3.9g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	47.1g	8.5g
- sugars (g)	9.7g	1.7g
Sodium (mg)	1446mg	260mg
Dietary Fibre	4.2g	0.8g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

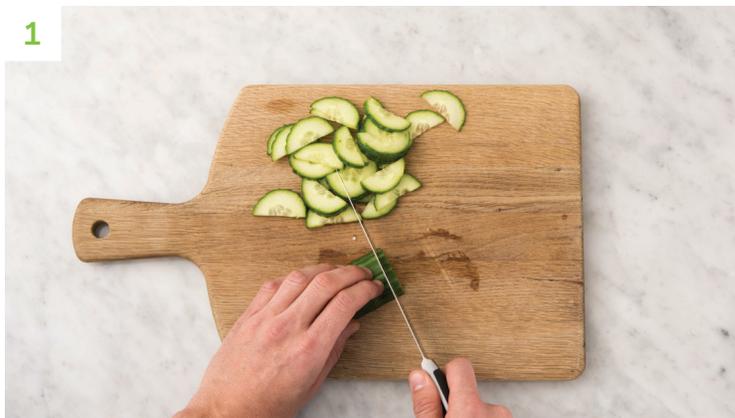
Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Get prepped

- Boil the kettle.
- Roughly chop **tomato**. Thinly slice **cucumber** into half-moons.
- **See 'Top Steak Tips!' (below)**. In a medium bowl, combine **beef rump**, **peri-peri seasoning** and a drizzle of **olive oil**.

**TIP:** If your beef rump is more than 4cm thick, cut in half horizontally before seasoning for a shorter cook time.

**Custom Recipe:** If you've doubled your beef rump, prepare as above and cook in batches for best results. Return beef to pan before adding the honey.

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## Cook the beef

- While the couscous is sitting, in a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **4-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove from the heat, then add the **honey** and turn **beef** to coat. Transfer to a plate to rest.

### Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
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.

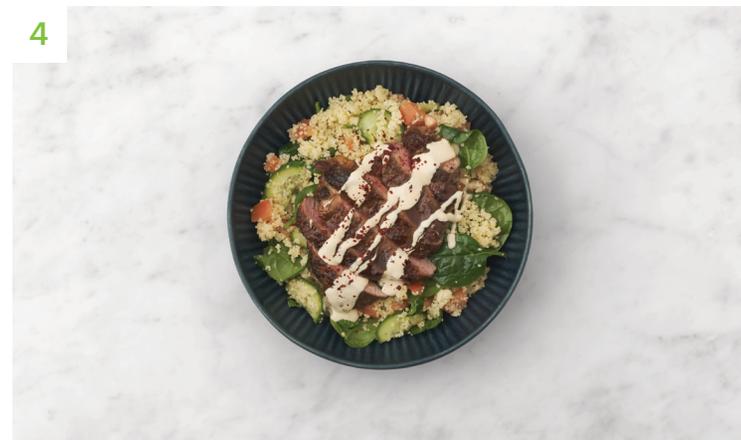
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## Make couscous

- In a large heatproof bowl, add **couscous** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with plate and leave for **5 minutes**.
- Fluff up with fork and set aside.

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## Serve up

- To the bowl with couscous, add tomato, cucumber, **baby spinach leaves** and **golden goddess dressing**. Toss to combine and season to taste.
- Slice beef.
- Divide warm couscous salad between bowls.
- Top with peri-peri beef rump and **garlic sauce**. Spoon over any remaining pan sauce. Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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