



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
olive oil*	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
boiling water*	¾ cup	1½ cups
honey*	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 (g)	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 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



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.

3



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!

- Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



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.

4



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

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