



# Chermoula Beef & Brown Rice Bowl

with Spiced Veggies, Tomato-Mint Salsa & Garlic Sauce

Grab your Meal Kit with this symbol



Red Onion



Brown Rice



Cauliflower



Carrot



Ras El Hanout



Chermoula Spice Blend



Beef Strips



Tomato



Mint



Garlic Sauce



Beef Strips

Prep in: **25-35 mins**  
Ready in: **35-45 mins**



Calorie Smart\*

\*Custom recipe is not Calorie Smart

From the hints of cumin and paprika in the tender beef strips, to the nuttiness and chew of the brown rice and the sweet and earthy spiced-roasted veggies, this nourishing Middle Eastern-inspired dish is a symphony of flavours and textures. Add the finishing touches with a bright salsa and a dollop of creamy, garlic sauce.

**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 · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
red onion	1	2
brown rice	1 medium packet	1 large packet
<b>water*</b>	3 cups	6 cups
cauliflower	1 medium portion	1 large portion
carrot	1	2
ras el hanout	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
mint	1 packet	1 packet
garlic sauce	1 medium packet	2 medium packets
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)	2504kJ (598Cal)	476kJ (114Cal)
Protein (g)	39.9g	7.6g
Fat, total (g)	19.5g	3.7g
- saturated (g)	4.5g	0.9g
Carbohydrate (g)	63.4g	12.1g
- sugars (g)	15.3g	2.9g
Sodium (mg)	853mg	162mg
Dietary Fibre (g)	13.1g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	505kJ (121Cal)
Protein (g)	69.3g	10.7g
Fat, total (g)	27.1g	4.2g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	63.4g	9.7g
- sugars (g)	15.3g	2.4g
Sodium (mg)	916mg	141mg
Dietary Fibre (g)	13.1g	2g

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



## Cook the brown rice

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **red onion**.
- In a medium saucepan, add **brown rice** and the **water**, then bring to the boil over high heat.
- Reduce heat to medium, then simmer, uncovered, until tender, **25-30 minutes**. Drain **rice**.
- Return saucepan to medium-heat with a drizzle of **olive oil**. Cook **onion** with a splash of water, stirring regularly, until softened, **6-7 minutes**.
- Remove pan from heat, return **drained rice** and stir to coat. Cover to keep warm.



## Make the salsa

- In a small bowl, add **tomato** and **mint**.
- Drizzle with **olive oil**. Season, then toss to combine.



## Roast the veggies

- While the rice is cooking, cut **cauliflower** into small florets.
- Cut **carrot** into bite-sized chunks.
- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **ras el hanout** and toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **beef**, tossing, in batches, until browned and cooked through, **1-2 minutes**.

**TIP:** Cooking the beef in batches over high heat helps it stay tender!

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** Cook beef, as above, in batches for best results.



## Get prepped

- Meanwhile, combine **chermoula spice blend** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add **beef strips**, tossing to coat. Set aside.
- Finely chop **tomato**.
- Pick and thinly slice **mint** leaves.

**Custom Recipe:** If you've doubled your beef strips, season beef as above, in a large bowl.



## Serve up

- Divide brown rice between bowls.
- Top with chermoula beef, spiced veggies and tomato-mint salsa.
- Dollop over **garlic sauce** to serve. Enjoy!

## Rate your recipe

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