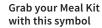


# Aussie Beef & Roast Veggie Couscous

with Herby Mayo & Almonds















Carrot & Zucchini







Couscous



**Baby Spinach** 





Aussie Spice Blend



**Beef Strips** 



Dill & Parsley Mayonnaise



Flaked Almonds



**Pantry items** Olive Oil, Butter

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



## 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  $\cdot$  Medium saucepan with a lid  $\cdot$  Large frying pan

## Ingredients

9		
	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

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3247kJ (776Cal)	532kJ (127Cal)
Protein (g)	43.4g	7.1g
Fat, total (g)	42.2g	6.9g
- saturated (g)	11.3g	1.9g
Carbohydrate (g)	54.7g	9g
- sugars (g)	17.2g	2.8g
Sodium (mg)	1158mg	190mg
Dietary Fibre (g)	10.9g	1.8g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4042kJ (966Cal)	550kJ (131Cal)
Protein (g)	72.3g	9.8g
Fat, total (g)	50.4g	6.9g
- saturated (g)	14.8g	2g
Carbohydrate (g)	54.7g	7.4g
- sugars (g)	17.2g	2.3g
Sodium (mg)	1223mg	166mg
Dietary Fibre	11.1g	1.5g

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





# 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!



# 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.



## 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.



## 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