



# Peri-Peri Beef Rump & Rustic Couscous Salad

with Garlic Sauce & Chilli Flakes

COSY COMFORTS

Grab your meal kit with this number

18



Tomato



Cucumber



Peri-Peri Seasoning



Beef Rump



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Golden Goddess Dressing



Garlic Sauce



Chilli Flakes (Optional)



Beef Rump



Barramundi



**THE GARFIELD MOVIE**

EXCLUSIVELY IN CINEMAS

**IF ANYONE KNOWS ABOUT COMFORT FOOD, IT'S GARFIELD!**  
Our favourite feline movie star is drooling over this delicious recipe, so we know you'll love it too. Get cosy, dig in and enjoy.

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

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.

### Pantry items

Olive Oil, Honey

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
peri-peri seasoning	1 sachet	2 sachets
beef rump	1 medium packet	2 medium packets OR 1 large packet
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 packet	2 packets
chilli flakes  (optional)	pinch	pinch

\*Pantry Items

## 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

The quantities provided above are averages only.

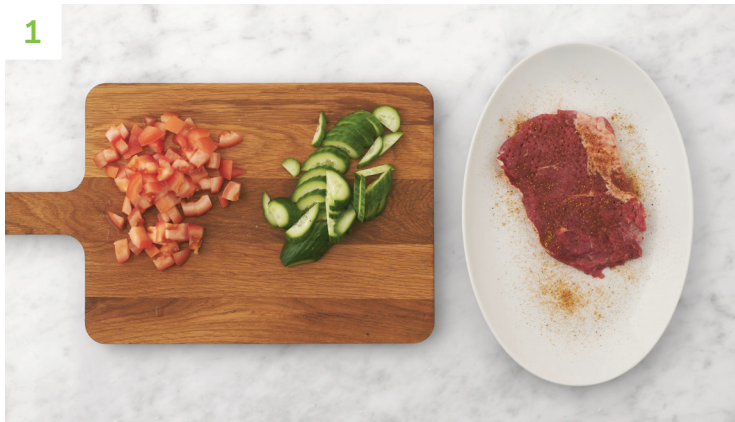
## Allergens

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.

## 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.



## Get prepped

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

**TIP:** If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.



## 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 **3-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove from heat, then add the **honey** and turn **beef** to coat. Transfer to a plate to rest.



## Make couscous

- To a large 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



#### SWAP TO BARRAMUNDI

Cook barramundi 5-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

