

# Quick Italian Beef & Green Veggie Couscous with Fetta & Dill-Parsley Dressing

with this number









Chicken-Style Stock Powder











Tomato & Herb



Seasoning



**Baby Spinach** Leaves



Beef Strips

**Balsamic Vinaigrette** Dressing



Dill & Parsley Mayonnaise



Fetta Cubes





Prep in: 15-25 mins Ready in: 20-30 mins



If you haven't noticed, we are huge fans of the gorgeous grain couscous, so to show it some extra love, we've paired it with some bright greens and herby beef strips. Drizzle over the dill-parsley dressing and crumble over the fetta and you've got yourself another HF favourite.

**Pantry items** 

Olive Oil

# 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

Medium saucepan with a lid · Large frying pan

# Ingredients

| 9                                   |                 |                                       |
|-------------------------------------|-----------------|---------------------------------------|
|                                     | 2 People        | 4 People                              |
| olive oil*                          | refer to method | refer to method                       |
| garlic                              | 2 cloves        | 4 cloves                              |
| water*                              | ¾ cup           | 1½ cups                               |
| chicken-style<br>stock powder       | 1 medium sachet | 1 large sachet                        |
| couscous                            | 1 medium packet | 1 large packet                        |
| trimmed green<br>beans              | 1 medium packet | 1 large packet                        |
| tomato & herb seasoning             | 1 sachet        | 2 sachets                             |
| beef strips                         | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| baby spinach<br>leaves              | 1 medium packet | 1 large packet                        |
| balsamic<br>vinaigrette<br>dressing | 1 packet        | 2 packets                             |
| dill & parsley<br>mayonnaise        | 1 medium packet | 1 large packet                        |
| fetta cubes                         | 1 medium packet | 1 large packet                        |
| *Pantry Items                       |                 |                                       |

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### **Nutrition**

| Avg Qty           | Per Serving     | Per 100g       |
|-------------------|-----------------|----------------|
| Energy (kJ)       | 2702kJ (646Cal) | 778kJ (186Cal) |
| Protein (g)       | 41.6g           | 12g            |
| Fat, total (g)    | 33.3g           | 9.6g           |
| - saturated (g)   | 7.2g            | 2.1g           |
| Carbohydrate (g)  | 43.4g           | 12.5g          |
| - sugars (g)      | 6.8g            | 2g             |
| Sodium (mg)       | 1796mg          | 517mg          |
| Dietary Fibre (g) | 6.3g            | 1.8g           |
|                   |                 |                |

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.



#### Make the couscous

- Finely chop garlic.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook garlic until fragrant, 1 minute. Add the water (¾ cup for 2 people / 1½ cups for 4 people) 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 the water is absorbed, 5 minutes. Fluff up with fork.

**Little cooks:** Help fluff up the couscous once the pan has cooled down!



## Cook the beef

- While green beans are cooking, in a medium bowl, combine tomato & herb seasoning, beef strips and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
  hot, cook beef strips, tossing, in batches (this helps the beef stay tender)
  until browned and cooked through, 1-2 minutes. Transfer to a plate.



# Cook the green beans

- Meanwhile, add trimmed green beans and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave green beans on high until just tender, 2-4 minutes.
- Drain **green beans**, then return to the bowl, season and cover to keep warm.



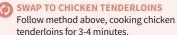
# Serve up

- Add cooked green beans, baby spinach leaves and balsamic vinaigrette dressing to pan with couscous. Toss to combine and season to taste.
- Divide green veggie couscous between bowls.
- Top with Italian beef and dill & parsley mayonnaise.
- Crumble over **fetta cubes** to serve. Enjoy!

**Little cooks:** Add the finishing touch by crumbling over the fetta cubes!









necessary.

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

