



Seared Beef Strips & Lemony Rice

with Hummus & Kalamata Olive Salad

MEDITERRANEAN

NEW

Grab your meal kit with this number

42



Garlic



Basmati Rice



Lemon Pepper Seasoning



Cucumber



Nan's Special Seasoning



Beef Strips



Kalamata Olives



Baby Spinach Leaves



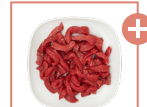
Balsamic Vinaigrette Dressing



Hummus



Flaked Almonds



Beef Strips



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me First

Pile seasoned beef strips and a zingy salad high on fluffy lemon rice for a dish that will transport to the aromas and flavours of the Mediterranean. Dollop generously with some hummus for a rich and earthy accompaniment to this vibrant dish.

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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
basmati rice	1 medium packet	1 large packet
lemon pepper seasoning	1 sachet	2 sachets
boiling water*	1½ cups	3 cups
cucumber	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
kalamata olives	1 packet	2 packets
baby spinach leaves	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets
hummus	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2866kJ (685Cal)	753kJ (180Cal)
Protein (g)	39.1g	10.3g
Fat, total (g)	26.1g	6.9g
- saturated (g)	5.3g	1.4g
Carbohydrate (g)	69.9g	18.4g
- sugars (g)	5.8g	1.5g
Sodium (mg)	1393mg	366mg
Dietary Fibre (g)	13.2g	3.5g

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.

1



Cook the lemony rice

- Boil the kettle. Finely chop **garlic**.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Stir in **basmati rice**, **lemon pepper seasoning**, the **boiling water** (1½ cups for 2 people / 3 cups for 4 people) and a pinch of **salt**. Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

3



Cook the beef

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

TIP: Cooking the meat in batches over high heat helps it stay tender.

2



Get prepped

- When rice has **10 minutes** remaining, thinly slice **cucumber** into rounds.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **beef strips**, toss to combine.

4



Serve up

- In a medium bowl, combine **kalamata olives**, cucumber, **baby spinach leaves**, **balsamic vinaigrette dressing** and a drizzle of olive oil. Season to taste.
- Divide lemony rice and kalamata olive salad between bowls.
- Top with spiced beef and a dollop of **hummus**.
- Sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes.

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

