

# Peri-Peri Beef Rump & Couscous Salad

with Garlic Sauce & Chilli Flakes

Grab your meal kit with this number

18



Tomato



Celery



Peri-Peri Seasoning



Beef Rump



Couscous



Baby Spinach Leaves



Golden Goddess Dressing



Garlic Sauce



Chilli Flakes (Optional)




Beef Rump



Barramundi

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
<b>olive oil*</b>	refer to method	refer to method
tomato	1	2
celery	1 medium packet	1 large packet
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
<b>salt*</b>	¼ tsp	½ tsp
<b>boiling water*</b>	¾ cup	1 ½ cups
<b>honey*</b>	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)	2150kJ (514Cal)	588kJ (141Cal)
Protein (g)	40.1g	11g
Fat, total (g)	17.7g	4.8g
- saturated (g)	2.8g	0.8g
Carbohydrate (g)	46.5g	12.7g
- sugars (g)	9.2g	2.5g
Sodium (mg)	1377mg	376mg
Dietary Fibre (g)	4.2g	1.1g

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 10 minutes before slicing.



## Get prepped

- Boil the kettle.
- Roughly chop **tomato**. Finely chop **celery**.
- **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 4cm thick, cut in half horizontally before seasoning.



## 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 **4-6 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

- In a large bowl, add **couscous** and the **salt**.
- Add the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with fork and set aside.



## Serve up

- To the bowl with couscous, add tomato, celery, **baby spinach leaves** and **golden goddess dressing**. Toss to combine and season to taste.
- Slice beef.
- Divide couscous salad between bowls and peri-peri beef rump, spooning over any remaining sauce from the pan.
- Top with a dollop of **garlic sauce** and 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



2024 | CW30

### CUSTOM OPTIONS



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



#### SWAP TO BARRAMUNDI

Cook until just cooked through, 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.

