



Easy Italian Beef & Green Veggie Couscous

with Fetta & Dill-Parsley Dressing

MEDITERRANEAN

Grab your meal kit with this number

24



Garlic



Couscous



Trimmed Green Beans



Tomato & Herb Seasoning



Beef Strips



Baby Spinach Leaves



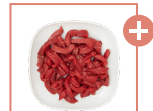
Balsamic Vinaigrette Dressing



Dill & Parsley Mayonnaise



Fetta Cubes



Beef Strips



Chicken Tenderloins

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

Calorie Smart

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 feta 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

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
water*	¾ cup	1½ cups
salt*	¼ tsp	½ tsp
couscous	1 medium packet	1 large packet
trimmed green beans	1 medium packet	1 large packet
tomato & herb seasoning	1 sachet	2 sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
baby spinach leaves	1 medium packet	1 large packet
balsamic vinaigrette dressing	1 packet	2 packets
dill & parsley mayonnaise	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2701kJ (646Cal)	777kJ (186Cal)
Protein (g)	41.5g	11.9g
Fat, total (g)	33.4g	9.6g
- saturated (g)	7.3g	2.1g
Carbohydrate (g)	43.6g	12.5g
- sugars (g)	7.1g	2g
Sodium (mg)	1799mg	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](https://www.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

2024 | CW31



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** and **salt** 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** and a drizzle of **olive oil**. Add **beef strips**, toss to combine.
- 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 with **salt** and **pepper** and cover to keep warm.



Serve up

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

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

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.

