

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)



Barramundi



Beef Rump

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



Protein Rich



Calorie Smart

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
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
salt*	¼ tsp	½ tsp
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)	2150kJ (514cal)	283kJ (68cal)
Protein (g)	40.1g	5.3g
Fat, total (g)	17.7g	2.3g
- saturated (g)	2.8g	0.4g
Carbohydrate (g)	46.5g	6.1g
- sugars (g)	9.2g	1.2g
Sodium (mg)	1362mg	179.5mg
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 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**.
- 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 the couscous

- In a large bowl, add **couscous** and the **salt**.
- 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, celery, baby spinach leaves** and **golden goddess dressing**. Toss to combine and season to taste.
- Slice beef.
- Divide couscous salad and peri-peri beef rump between bowls, spooning over beef with 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



CUSTOM OPTIONS



SWAP TO BARRAMUNDI

Cook until just cooked through, 5-6 minutes each side.



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

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

