

# Peri-Peri Beef Rump & Avo Couscous Toss

with Fetta & Chilli Flakes

Grab your meal kit with this number

18



Tomato



Avocado



Lemon



Peri-Peri Seasoning



Beef Rump



Couscous



Baby Spinach Leaves



Golden Goddess Dressing



Fetta Cubes



Chilli Flakes (Optional)



Coriander




Beef Rump



Barramundi

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

 Protein Rich

 Calorie Smart

Sometimes only a big bowl of 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 fetta, 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
avocado	1	2
lemon	½	1
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>boiling water*</b>	¾ cup	1½ cups
<b>honey*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
chilli flakes (optional) 🌶️	pinch	pinch
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2432kJ (581cal)	262kJ (63cal)
Protein (g)	42.8g	4.6g
Fat, total (g)	24.6g	2.6g
- saturated (g)	5.8g	0.6g
Carbohydrate (g)	44.5g	4.8g
- sugars (g)	8.1g	0.9g
Sodium (mg)	958mg	103.1mg
Dietary Fibre (g)	10.9g	1.2g

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. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with your fingers: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



## Get prepped

- See '**Top Steak Tips!**' (below left). Boil the kettle.
- Roughly chop **tomato**.
- Peel and chop **avocado**.
- Slice **lemon** into wedges.
- In a medium bowl, combine **peri-peri seasoning** and a drizzle of **olive oil**. Add **beef rump**, turning to coat.



## Cook the beef

- While the couscous is sitting, season **beef rump** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **beef**, turning, for **3-4 minutes** each side for medium-rare, or until cooked to your liking.
- Remove from heat, then add the **honey** and turn **beef** to coat. Transfer to a plate to rest.

### 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.



## Make the couscous

- To a large bowl, add **couscous**.
- 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**.
- Add a squeeze of **lemon**. Fluff up with fork and set aside.



## Serve up

- To the bowl with couscous, add tomato, avocado, **baby spinach leaves** and **golden goddess dressing**. Toss to combine and season to taste..
- Slice beef.
- Divide avo couscous salad and peri-peri beef rump between bowls, spooning over beef with any remaining sauce from the pan.
- Sprinkle with **fetta cubes** and a pinch of **chilli flakes** (if using).
- Tear over **coriander** and serve with remaining lemon wedges. Enjoy!

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

