

Spiced Beef & Harissa Hummus Pita Pockets

with Rocket Salad & Roasted Seeded Potatoes

STREET FOOD

Grab your meal kit with this number

23



Potato



Tomato



Cucumber



Harissa Paste



Hummus



Paprika Spice Blend



Beef Rump



Spinach & Rocket Mix



Pita Bread



Everything Garnish



Garlic Aioli

Prep in: 20-30 mins
Ready in: 30-40 mins

Bring the flavours of street food markets into your kitchen, with these pita pockets filled with paprika-spiced beef and harissa hummus. The flavours don't end there: a honey-laced salad turns your average salad into a great one and seeded, golden potato chunks call for zero cutlery.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
cucumber	1	2
harissa paste	1 packet	2 packets
hummus	1 medium packet	1 large packet
paprika spice blend	1 sachet	2 sachets
beef rump	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach & rocket mix	1 medium packet	2 medium packets
pita bread	2	4
everything garnish	1 sachet	2 sachets
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3790kJ (905Cal)	543kJ (129Cal)
Protein (g)	50.8g	7.3g
Fat, total (g)	37.3g	5.3g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	87.3g	12.5g
- sugars (g)	17.5g	2.5g
Sodium (mg)	1612mg	231mg
Dietary Fibre (g)	11.5g	1.6g

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.

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



1



Roast the potato

- See '**Top Steak Tips!**' (below). Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Toss the salad

- While beef is resting, in a second medium bowl, combine the **honey** and a drizzle of **olive oil** and **vinegar**.
- To bowl, add **spinach & rocket mix**, **tomato** and **cucumber**, tossing to coat. Season to taste.

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 tongs - rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.

2



Get prepped

- Meanwhile, thinly slice **tomato** into wedges.
- Thinly slice **cucumber** into sticks.
- In a small bowl, combine **harissa paste**, **hummus** and a splash of **water**. Set aside.

5



Heat the bread

- Microwave **pita bread** on a plate for **1 minute**, until warmed through.

3



Cook the beef rump

- In a medium bowl, combine **paprika spice blend** and a drizzle of **olive oil**. Add **beef rump**, turning to coat.
- When potatoes have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **beef** for **3-4 minutes** each side for medium-rare, or until cooked to your liking. Transfer to a plate to rest.

6



Finish & serve

- To tray with roasted potatoes, sprinkle over **everything garnish** and toss to coat.
- Thinly slice beef.
- Halve pita pockets, then fill with rocket salad and spiced beef. Drizzle over harissa hummus.
- Serve with roasted seeded potatoes and **garlic aioli**. Enjoy!

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