

Easy Beef & Roast Veggie Couscous

with Herby Mayo Dressing & Almonds

Grab your Meal Kit with this symbol



Cauliflower



Red Onion



Kale



Chopped Veggie Mix



Chicken-Style Stock Powder



Couscous



Dill & Parsley Mayonnaise



Beef Strips



Aussie Spice Blend



Flaked Almonds

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
Ready in: 25-35 mins

From the mildly-spiced beef strips to the naturally sweet roasted veg and creamy dill and parsley dressing, the flavours in this colourful number are sure to take your tastebuds to their happy place! Don't forget to sprinkle with flaked almonds for crunch.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 medium portion	1 large portion
red onion	1	2
chopped veggie mix	1 medium bag	1 large bag
water* (for the couscous)	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the dressing)	2 tsp	1 tbs
beef strips	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
kale	½ medium bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2821kJ (674Cal)	508kJ (121Cal)
Protein (g)	44.4g	8g
Fat, total (g)	30.7g	5.5g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	54g	9.7g
- sugars (g)	15.9g	2.9g
Sodium (mg)	1095mg	197mg

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.



Prep & roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Chop **cauliflower** into small florets. Cut **red onion** into thick wedges. Tear **kale** leaves from the stem (see ingredients), then roughly chop the leaves.
- Place **cauliflower**, **onion** and **chopped veggie mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **10-15 minutes**. Add the **kale** to the oven tray, tossing to combine with the veggies. Return the tray to the oven to roast until softened, a further **5-10 minutes**.



Cook the beef & toss the couscous

- In medium bowl, combine **beef strips**, **Aussie spice blend** and a drizzle of **olive oil**.
- Return frying pan to a high heat with a drizzle of **olive oil**. Cook **beef strips**, in batches, tossing, until browned and cooked through **1-2 minutes**. Transfer to a plate.
- When roast **veggies** are done, transfer to saucepan with **couscous**. Gently tossing to combine. Season to taste.

TIP: *Cooking the meat in batches over a high heat helps it stay tender.*



Get prepped

- Meanwhile, combine the **water (for the couscous)** and **chicken stock powder** in a medium saucepan. Bring to the boil.
- Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.
- Meanwhile, combine **dill & parsley mayonnaise** and the **water (for the dressing)** in a small bowl. Set aside.



Serve up

- Divide roast veggie couscous between bowls. Top with beef and any resting juices.
- Drizzle with herby mayo dressing.
- Sprinkle with **flaked almonds** to serve.

Enjoy!