



Mediterranean Beef & Tomatoes with Couscous & Fetta

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2272kJ (543Cal) | Protein 42.5g | Fat, total 12.5g - saturated 3.8g | Carbohydrate 61.7g - sugars 18g | Sodium 1940mg
Calorie Smart

Contact us | hello@hellofresh.com.au
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Get ready

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'll need

(along with the basics)

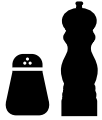


Large Frying Pan

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pepper-Parsley Diced Beef	1 pkt	2 pkts
Fetta	1 block (25g)	1 block (50g)

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.

1. Sizzle



Couscous



Chicken Stock



Pepper-Parsley Diced Beef

2. Chop



Capsicum



Cherry Tomatoes



Tomato Sugo



Garlic & Herb Seasoning



Kalamata Olives

3. Toss



Fetta



Basil

- Boil the kettle
- In a bowl, combine **couscous**, **stock** and **boiling water (3/4 cup for 2 people / 1 1/2 cup for 4 people)**. Stir to combine
- Cover and set aside for **5 mins**
- Heat a **drizzle of olive oil** in a large frying pan over high heat. Cook **beef**, tossing, until browned, **2-3 mins**
- Transfer to a plate

- Meanwhile, slice **capsicum**
- Halve **tomatoes**
- Return pan to high heat with a **drizzle of olive oil**. Cook **capsicum** and **tomatoes** until starting to soften, **4-5 mins**
- Add **tomato sugo**, **herb seasoning** and **olives**
- **Season** and stir

- Fluff **couscous** with a fork and divide between bowls
- Top with **tomato sauce** and **beef**
- Crumble over **fetta**
- Tear over **basil** to serve

