



Chermoula-Spiced Beef & Brown Rice Bowl

with Dukkah Veggies, Tomato-Mint Salsa & Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Garlic



Brown Rice



Cauliflower



Carrot



Dukkah



Chermoula Spice Blend



Beef Strips



Tomato



Mint



Greek-Style Yoghurt



Flaked Almonds



Chicken Tenderloins

Prep in: 25-35 mins
Ready in: 30-40 mins



Eat Me Early*



*Custom Recipe only

From the hints of cumin and paprika in the tender beef strips, to the nuttiness and chew of the brown rice and the sweet and earthy dukkah-roasted veggies, this nourishing Middle Eastern-inspired dish is a symphony of flavours and textures. Add the finishing touches with a bright salsa and a dollop of creamy, tangy yoghurt.

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
cauliflower	1 medium portion	1 large portion
carrot	1	2
dukkah	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
beef strips	1 small packet	1 medium packet
tomato	1	2
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2677kJ (640Cal)	537kJ (128Cal)
Protein (g)	44g	8.8g
Fat, total (g)	21.9g	4.4g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	63.6g	12.8g
- sugars (g)	14.2g	2.8g
Sodium (mg)	887mg	178mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2619kJ (626Cal)	486kJ (116Cal)
Protein (g)	50.9g	9.5g
Fat, total (g)	17.1g	3.2g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	63.6g	11.8g
- sugars (g)	14.2g	2.6g
Sodium (mg)	889mg	165mg

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.

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Cook the brown rice

- Preheat oven to **240°C/220°C fan-forced**. Finely chop **garlic**.
- In a medium saucepan, add **brown rice** and the **water**, then bring to the boil over high heat.
- Reduce heat to medium, then simmer, uncovered, until tender, **25-30 minutes**. Drain rice.
- Return saucepan to high heat with a drizzle of **olive oil**. Add **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat, return drained rice and stir to coat. Cover to keep warm.



Make the salsa

- In a small bowl, add **tomato** and **mint**.
- Drizzle with **olive oil**.
- Season, then toss to combine.



Roast the veggies

- While rice is cooking, cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **dukkah** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **beef**, in batches (this helps it stay tender!), until browned and cooked through, **1-2 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



Get prepped

- Meanwhile, in a medium bowl, combine **chermoula spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Add **beef strips**, tossing to coat. Set aside.
- Finely chop **tomato**.
- Pick and thinly slice **mint** leaves.

Custom Recipe: If you've swapped to chicken tenderloins, combine with spice blend as above.



Serve up

- Divide brown rice between bowls.
- Top with chermoula-spiced beef, dukkah veggies and tomato-mint salsa.
- Dollop over **Greek-style yoghurt** and garnish with **flaked almonds** to serve. Enjoy!

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