



Easy Seared Beef Bowl

with Roast Veggie-Couscous Toss & Almonds

Grab your Meal Kit with this symbol



Chopped Veggie Mix



Nan's Special Seasoning



Beef Strips



Couscous



Chicken-Style Stock Powder



Kale



Dill & Parsley Mayonnaise



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: 10-20 mins
Ready in: 25-35 mins

Calorie Smart

You can always count on Nan's special seasoning to jazz up whatever protein you're having. With hints of paprika, pepper, onion and garlic, it works a treat with tender beef strips. Serve on a bed of fluffy couscous and colourful veg and you have yourself a dinner that's surprisingly simple - and good for you!

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped veggie mix	1 medium bag	1 large bag
Nan's special seasoning	1 sachet	2 sachets
beef strips	1 small packet	1 medium packet
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
kale	½ medium bag	1 medium bag
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2412kJ (576Cal)	688kJ (164Cal)
Protein (g)	41.5g	11.8g
Fat, total (g)	25.5g	7.3g
- saturated (g)	4g	1.1g
Carbohydrate (g)	43.6g	12.4g
- sugars (g)	8.7g	2.5g
Sodium (mg)	914mg	261mg

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle. Tear **kale** leaves from stem, then roughly chop leaves.
- Place **chopped veggie mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until softened, **10-15 minutes**.
- Add **kale** to roasted **veggie** tray. Toss to combine, then return to oven to roast until tender, a further **10-15 minutes**.

3



Cook the beef

- When roast veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat.
- When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

2



Get prepped

- Meanwhile, combine **Nan's special seasoning** and a drizzle of **olive oil** in a medium bowl. Add **beef strips**, tossing to coat. Set aside.
- In a large bowl, combine **couscous**, **chicken-style stock powder** and the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people). Cover with a plate and leave for **5 minutes**. Fluff up with a fork, then cover to keep warm.

4



Serve up

- Gently stir roast veggies through couscous. Season to taste.
- Divide roast veggie-couscous toss between bowls. Top with Nan's seared beef and a dollop of **dill & parsley mayonnaise**.
- Sprinkle with flaked almonds to serve.

Enjoy!

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