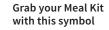
Easy Seared Beef Bowl with Roast Veggie-Couscous Toss & Almonds













Nan's Special

Chopped Veggie



Seasoning



Beef Strips Couscous



Chicken-Style



Stock Powder



Dill & Parsley Mayonnaise



Flaked Almonds

Pantry items

Olive Oil

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



Before you start

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

You'll also need to give your fruit and

You will need

Oven tray lined with baking paper \cdot 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.



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.



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.



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 (3/4 cup for 2 people / 1 1/2 cups for 4 people). Cover with a plate and leave for 5 minutes. Fluff up with a fork, then cover to keep warm.



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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