



# Easy Beef & Roast Veggie Couscous

with Dill-Parsley Mayo & Almonds

Grab your Meal Kit with this symbol



Carrot & Zucchini Mix



Nan's Special Seasoning



Beef Strips



Chicken-Style Stock Powder



Couscous



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Flaked Almonds



Chicken Tenderloins

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



Calorie Smart



Eat Me Early\*

\*Custom Recipe only

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter

## 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

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot & zucchini mix	1 medium bag	1 large bag
Nan's special seasoning	1 medium sachet	1 large sachet
beef strips	1 small packet	1 medium packet
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
<b>butter*</b>	10g	20g
baby spinach leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	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)	2688kJ (642Cal)	663kJ (158Cal)
Protein (g)	40.7g	10g
Fat, total (g)	32.1g	7.9g
- saturated (g)	7.5g	1.8g
Carbohydrate (g)	46.3g	11.4g
- sugars (g)	9.1g	2.2g
Sodium (mg)	1075mg	265mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	587kJ (140Cal)
Protein (g)	47.3g	10.6g
Fat, total (g)	27.1g	6.1g
- saturated (g)	5.1g	1.1g
Carbohydrate (g)	46.3g	10.4g
- sugars (g)	9.1g	2g
Sodium (mg)	1078mg	242mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Place **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



## Cook the beef

- When veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over 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 high heat helps it stay tender.*

**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, 3-4 minutes each side (when no longer pink inside). Transfer to a plate.

2



## Get prepped

- Meanwhile, in a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **beef strips**, tossing to coat. Set aside.
- In a medium saucepan, combine the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous** and the **butter**. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

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

4



## Serve up

- Gently stir **baby spinach leaves** and roasted 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!

## Rate your recipe

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