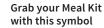


Easy Beef & Roast Veggie Couscous with Dill-Parsley Mayo & Almonds













Beef Strips



Chicken-Style

Stock Powder

Seasoning









Dill & Parsley Mayonnaise



Flaked Almonds



Chicken Tenderloins

Pantry items Olive Oil, Butter

Prep in: 10-20 mins Ready in: 25-35 mins Eat Me Early*

*Custom Recipe only

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!

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

Inaredients

9		
	2 People	4 People
olive oil*	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
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
butter*	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 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





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.



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.



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.



Serve up

- Gently stir baby spinach leaves and roasted veggies through couscous.
- 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!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate