



# Mediterranean Beef & Salad Bowl

**FRESH & FAST** Box to plate: 15 mins Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2590kJ/619 Cal | Protein 40.6g | Fat, total 30.1g - saturated 5.1g | Carbohydrate 37.9g - sugars 9.8g | Sodium 1270mg  
**For allergens and ingredient information:** Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

Contact us | [Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)  
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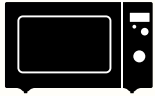
# Get ready

Wash your fruit and veggies first!

You'll need  
(along with the basics)



Large Frying Pan



Microwave

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Pepper-Parsley Diced Beef	1 pkt	2 pkts
Couscous with Roasted Vegetables	1 pkt	2 pkts
Creamy Pesto Dressing	1 tub (50g)	1 tub (100g)

## 1. Chop



Cucumber



Tomato



Mixed Salad Leaves



Kalamata Olives



Balsamic Vinaigrette Dressing

## 2. Sizzle



Pepper-Parsley Diced Beef

- Slice **cucumber** and chop **tomato**
- Grab a bowl. Add **salad leaves, olives, cucumber** and **tomato**
- **Dress**, toss and **season**

- Heat **olive oil** in a frying pan over medium-high heat
- Cook **beef**, tossing, until browned, **2-3 mins**

## 3. Zap



Couscous with Roasted Vegetables



Parsley



Creamy Pesto Dressing

- Prick holes in **couscous** packet
- Zap in microwave until steaming, **1 min**
- Chop **parsley**. Add to **couscous** and toss
- Plate up **beef, couscous** and **salad**
- Dollop with **pesto dressing**

