



Mediterranean Beef & Couscous with Semi-Dried Tomatoes

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2933kJ (701Cal) | Protein 41.9g | Fat, total 38g - saturated 5.6g | Carbohydrate 45.8g - sugars 7.2g | Sodium 1107mg
The quantities provided above are averages only.

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2022 | WK35 | AL



Get ready

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'll need

(along with the basics)



Large Frying Pan

From the pantry



Olive Oil

From the cool pouch

	2P	4P
Semi-Dried Tomatoes	1 pkt	2 pkts
Beef Strips	1 small pkt	1 medium pkt
Creamy Pesto Dressing	1 pkt (50g)	1 pkt (100g)

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. Boil



Couscous



Vegetable Stock Powder



Semi-Dried Tomatoes

2. Sizzle



Beef Strips



Garlic & Herb Seasoning

3. Chop



Cucumber



Tomato



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Creamy Pesto Dressing



Flaked Almonds

- Boil the kettle
- In a bowl, place **couscous** and **stock powder**. Add **boiling water** (3/4 cup for 2P / 1 1/2 cups for 4P), then stir
- Immediately cover with a plate. Set aside for **5 mins**
- Fluff up **couscous** with a fork. Add **semi-dried tomatoes**, stirring to combine

- Meanwhile, heat a frying pan over high heat with **olive oil**
- Cook **beef**, in batches, tossing, until browned, **1-2 mins**
- Add **seasoning** and cook until fragrant, **1 min**

- Slice **cucumber** and chop **tomato**
- In a second bowl, combine **cucumber, tomato, spinach** and a drizzle of **balsamic dressing**
- Plate up **couscous, beef** and **salad**. Top with **pesto** and **almonds**. Enjoy!

