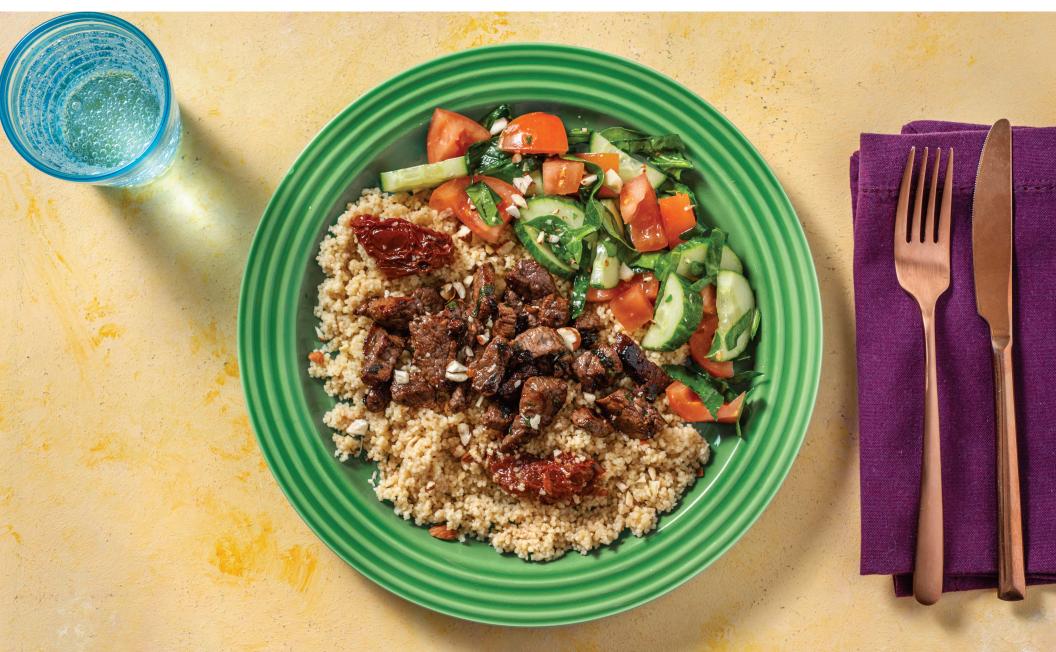


Mediterranean Beef & Couscous with Semi-Dried Tomatoes

Grab your Fresh & Fast Meal Kit

FRESH & FAST Box to plate: 15 mins



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)





From the cool pouch

	2P	4P
Semi-Dried Tomatoes	1 pkt	2 pkts
Beef Strips	1 small pkt	1 medium pkt

1. Boil



Couscous



Vegetable Stock Powder



Semi-Dried **Tomatoes**

2. Sizzle





Beef Strips

Garlic & Herb

Seasoning

3. Chop



Cucumber



Tomato









Balsamic Vinaigrette Dressing

Creamy Pesto

Dressing

Flaked Almonds

From the pantry



· 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!

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.





