

Quick Middle Eastern Beef & Tahini

with Wholemeal Carrot Couscous & Tomato Salsa

Grab your Meal Kit with this symbol



Carrot



Tomato



Mint



Garlic Paste



Beef-Style Stock Powder



Wholemeal Couscous



Baby Spinach Leaves



Tahini



Beef Strips



Chermoula Spice Blend



Beef Rump

Hands-on: **20-30 mins**
 Ready in: **25-35 mins**

Calorie Smart

How satisfying are juicy beef strips on a bed of fluffy carrot couscous? Make this delectable dish to find out! We've added cooling salsa and creamy tahini to top it off. Simply delicious.



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

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

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 will need

Medium saucepan with lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
tomato	1	2
mint	1 bag	1 bag
butter*	15g	30g
garlic paste	1 packet	2 packets
water* (for the couscous)	¾ cup	1½ cups
beef-style stock powder	1 medium sachet	1 large sachet
wholemeal couscous	1 packet	2 packets
baby spinach leaves	1 small bag (30g)	1 medium bag (60g)
white wine vinegar*	1 tsp	2 tsp
tahini	½ packet	1 packet
water* (for the dressing)	1 tsp	2 tsp
beef strips	1 small packet	1 medium packet
chermoula spice blend	1 sachet	2 sachets
beef rump	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2217kJ (530Cal)	576kJ (138Cal)
Protein (g)	46g	11.9g
Fat, total (g)	17.8g	4.6g
- saturated (g)	9g	2.3g
Carbohydrate (g)	40.2g	10.4g
- sugars (g)	10.2g	10.4g
Sodium (mg)	1133mg	294mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2222kJ (531Cal)	542kJ (130Cal)
Protein (g)	42.6g	10.4g
Fat, total (g)	19.5g	4.8g
- saturated (g)	9.6g	2.3g
Carbohydrate (g)	40.2g	9.8g
- sugars (g)	10.2g	9.8g
Sodium (mg)	1161mg	283mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Make the couscous

- Grate **carrot**. Finely chop **tomato**. Pick and thinly slice **mint leaves**.
- In a medium saucepan over a medium-high heat, melt **butter**. Cook **carrot** until softened, **2 minutes**. Cook **garlic paste** until fragrant, **1 minute**. Add the **water (for the couscous)** and **beef stock powder**, then bring to the boil.
- Add **wholemeal couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Stir through **baby spinach leaves**.

3



Cook the beef

- In a medium bowl, combine **beef strips**, **chermoula spice blend** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook **beef strips** in batches, tossing, until browned, **2 minutes**. Season.

CUSTOM RECIPE

If you've upgraded to beef rump, season as above. When the oil is hot, add the beef and cook, 2-3 minutes each side (depending on thickness), or until cooked to your liking.

TIP: This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done. Transfer to a plate to rest.

2



Get prepped

- In a medium bowl, add **tomato**, **white wine vinegar**, a drizzle of **olive oil** and 1/2 the **mint**. Season with **salt** and **pepper**. Stir to combine, then set aside.
- In another bowl, combine **tahini** (see ingredients) and the **water (for the dressing)**. Set aside.

4



Serve up

- Divide wholemeal carrot couscous between bowls. Top with Middle Eastern beef and tomato salsa.
- Serve topped with a dollop of tahini and remaining mint.

CUSTOM RECIPE

Slice the beef rump to serve.

Enjoy!