



Middle Eastern Dukkah Beef

with Carrot Couscous Salad

NEW

Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Baby Spinach Leaves



Beef-Style Stock Powder



Couscous



Beef Rump



Dukkah



Greek-Style Yoghurt



Beef Rump

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Can we have a huzzah for dukkah? We know you'll be cheering for this delicious number, with a spice that's fit for this tender beef rump. With the addition of a veggie-filled couscous at play, there's nothing not to love about this easy weeknight supper.

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

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
garlic	1 clove	2 cloves
tomato	1	2
baby spinach leaves	1 medium bag	1 large bag
butter*	40g	80g
water*	¾ cup	1½ cups
beef-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
beef rump	1 small packet	1 large packet
dukkah	1 medium sachet	1 large sachet
white wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2677kJ (639Cal)	607kJ (145Cal)
Protein (g)	43.2g	9.8g
Fat, total (g)	30.2g	6.9g
- saturated (g)	14.9g	3.4g
Carbohydrate (g)	47g	10.7g
- sugars (g)	11.1g	2.5g
Sodium (mg)	882mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3331kJ (796Cal)	528kJ (126Cal)
Protein (g)	73.8g	11.7g
Fat, total (g)	33.3g	5.3g
- saturated (g)	15.9g	2.5g
Carbohydrate (g)	47.9g	7.6g
- sugars (g)	10.1g	1.6g
Sodium (mg)	963mg	153mg

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



1



Make the carrot couscous

- Grate **carrot**. Finely chop **garlic**. Roughly chop **tomato** and **baby spinach leaves**.
- In a medium saucepan, melt half the **butter** with a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add **garlic** and cook, stirring, until fragrant, **1 minute**. Add the **water** and **beef-style stock powder**. Bring to the boil.
- Add **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.

3



Finish the couscous

- In a large bowl, combine **carrot couscous**, **tomato**, **baby spinach** and a drizzle of the **white wine vinegar**. Season to taste.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



Cook the beef

- See '**Top Steak Tips!**' (*below*). Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened (this ensures it's nice and tender). Season **beef** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, add **dukkah** and remaining **butter** and toss to coat, **1-2 minutes**. Transfer to a plate to rest.

Custom Recipe: If you've doubled your beef rump, cook as above, in batches for best results.

4



Serve up

- Slice dukkah steak. Divide carrot couscous salad and beef between plates.
- Spoon remaining dukkah from pan over steak. Top with **Greek-style yoghurt** to serve. Enjoy!

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