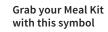


# Quick Garlic-Herb Beef & Roast Veggie Couscous

with Creamy Pesto Dressing & Fetta

NEW











Leaves



Seasoning



Vegetable Stock







Flaked Almonds



Carrot & Zucchini

Couscous



**Beef Strips** 



Fetta Cubes



Creamy Pesto Dressing



Prep in: 15-25 mins Ready in: 30-40 mins We've crammed tons and tons of flavour into this colourful bowl of deliciousness. From herby to salty, the flavours in this balanced meal are sure to take your tastebuds to their happy place!

Olive Oil, Vinegar (White Wine or Rice Wine)

## 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

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

# Ingredients

| 9  |                   |                    |  |
|--|-------------------|--------------------|--|
|  | 2 People          | 4 People           |  |
| olive oil*   | refer to method   | refer to method    |  |
| carrot & zucchini<br>mix   | 1 medium bag      | 1 large bag        |  |
| baby spinach<br>leaves   | 1 small bag       | 1 medium bag       |  |
| garlic & herb<br>seasoning   | 1 medium sachet   | 1 large sachet     |  |
| beef strips  | 1 small packet    | 1 medium packet    |  |
| water*   | ¾ cup             | 1 ½ cups           |  |
| vegetable stock<br>powder  | 1 medium sachet   | 1 large sachet     |  |
| couscous   | 1 medium packet   | 1 large packet     |  |
| vinegar*<br>(white wine or<br>rice wine)   | drizzle           | drizzle            |  |
| fetta cubes  | 1 small packet    | 1 medium packet    |  |
| flaked almonds   | 1 medium packet   | 1 large packet     |  |
| creamy pesto<br>dressing   | 1 packet<br>(50g) | 1 packet<br>(100g) |  |
| beef rump**  | 1 small packet    | 1 large packet     |  |
| The second secon |                   |                    |  |

#### \*Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2841kJ (679Cal) | 662kJ (158Cal) |
| Protein (g)      | 42.5g           | 9.9g           |
| Fat, total (g)   | 34.9g           | 8.1g           |
| - saturated (g)  | 7.5g            | 1.7g           |
| Carbohydrate (g) | 46.5g           | 10.8g          |
| - sugars (g)     | 8.4g            | 2g             |
| Sodium (mg)      | 1231mg          | 287mg          |

#### **Custom Recipe**

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2730kJ (652Cal) | 601kJ (144Cal) |
| Protein (g)      | 43.1g           | 9.5g           |
| Fat, total (g)   | 31.6g           | 7g             |
| - saturated (g)  | 5.9g            | 1.3g           |
| Carbohydrate (g) | 46.5g           | 10.2g          |
| - sugars (g)     | 8.4g            | 1.9g           |
| Sodium (mg)      | 1238mg          | 273mg          |

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





# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Place carrot & zucchini mix on a lined oven tray, drizzle with olive oil and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender. 20-25 minutes.
- · Meanwhile, roughly chop baby spinach leaves.
- In a medium bowl, combine garlic & herb seasoning and a drizzle of olive oil, then season. Add beef strips and toss to coat. Set aside.

**Custom Recipe:** If you've upgraded to beef rump, 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 extra tender!). Season beef as above.



## Cook the beef

- When veggies have 5 minutes cook time remaining, heat a large frying pan over high heat with a drizzle of olive oil.
- When oil is hot, cook **beef strips** in batches (this helps it stay tender!), tossing, until browned, 1-2 minutes. Transfer to a plate.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest for 5 mintues. Slice steak to serve.



#### Cook the couscous

- In a medium saucepan, add the water and vegetable stock powder and bring to the boil over a medium-high heat.
- Add couscous and a drizzle of olive oil. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed. 5 minutes.
- Fluff up with a fork.



# Serve up

- Add roasted veggies, baby spinach and a drizzle of olive oil and vinegar to the couscous. Toss to combine.
- Divide roast veggie couscous between bowls. Top with garlic-herb beef strips and spoon over any resting juices.
- Top with fetta cubes. Garnish with flaked almonds.
- · Serve with creamy pesto dressing. Enjoy!

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