



Quick Middle Eastern Beef & Tahini

with Wholemeal Carrot Couscous & Tomato Salsa

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Mint



Beef Stock



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? You'll have to make this delectable Middle Eastern 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 |
| garlic | 2 cloves | 4 cloves |
| carrot | 1 | 2 |
| tomato | 1 | 2 |
| mint | 1 bunch | 1 bunch |
| butter* | 20g | 40g |
| water* (for the couscous) | ¾ cup | 1½ cups |
| beef stock | 1 cube | 2 cubes |
| wholemeal couscous | 1 packet (95g) | 2 packets (190g) |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |
| white wine vinegar* | 1 tsp | 2 tsp |
| tahini | ½ tub | 1 tub |
| water* (for the dressing) | 1 tsp | 2 tsp |
| beef strips | 1 medium packet | 1 large packet |
| chermoula spice blend | 1 sachet | 2 sachets |
| beef rump** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2214kJ (529Cal) | 574kJ (137Cal) |
| Protein (g) | 49.7g | 12.9g |
| Fat, total (g) | 16.5g | 4.3g |
| - saturated (g) | 9g | 2.3g |
| Carbohydrate (g) | 39g | 10.1g |
| - sugars (g) | 9.7g | 2.5g |
| Sodium (mg) | 1484mg | 385mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2138kJ (510Cal) | 540kJ (129Cal) |
| Protein (g) | 42.2g | 10.7g |
| Fat, total (g) | 17.9g | 4.5g |
| - saturated (g) | 9.5g | 2.4g |
| Carbohydrate (g) | 39g | 9.9g |
| - sugars (g) | 9.7g | 2.5g |
| Sodium (mg) | 1506mg | 380mg |

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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Prep the veggies

Finely chop the **garlic**. Grate the **carrot**. Finely chop the **tomato**. Pick and thinly slice the **mint** leaves.



Flavour the beef

In a medium bowl, combine the **beef strips**, **chermoula spice blend** and a drizzle of **olive oil**.

CUSTOM RECIPE

Thinly slice the beef rump, then combine with the chermoula and olive oil in a bowl.



Make the couscous

Heat a medium saucepan over a medium-high heat. Melt the **butter**. Cook the **carrot** until softened, **2 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **beef stock** (1 cube for 2 people / 2 cubes for 4 people) and bring to the boil. Add the **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 the **baby spinach leaves**.



Cook the beef

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **beef strips** in batches, tossing, until browned, **2 minutes**. Season.



Make the toppings

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



Serve up

Divide the carrot couscous between bowls and top with the Middle Eastern beef and tomato salsa. Serve with the tahini and the remaining mint.

Enjoy!