

Seared Beef Strips & Roast Veggie Couscous

with Feta & Dill-Parsley Mayo

MEDITERRANEAN

NEW













Silverbeet











Chicken-Style Stock Powder



Dill & Parsley



Mayonnaise

Cow's Milk Feta



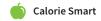
Pantry items



Prep in: 25-35 mins Ready in: 30-40 mins

Eat Me Early*

*Custom Recipe only



Experience the warmth of the Mediterranean with succulent, lightly spiced beef and a colourful veggie-speckled couscous, bursting with vibrant flavours. With creaminess from a drizzle of herby mayo and a sprinkle of crumbly feta, every forkful is like a mini getaway.

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

in ign concince				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
beetroot	1	2		
silverbeet	1	2		
garlic	2 cloves	4 cloves		
beef strips	1 medium packet	2 medium packets OR 1 large packet		
Aussie spice blend	1 medium sachet	1 large sachet		
couscous	1 medium packet	1 large packet		
chicken-style stock powder	1 medium sachet	1 large sachet		
boiling water*	¾ cup	1½ cups		
honey*	1 tsp	2 tsp		
vinegar* (white wine or balsamic)	drizzle	drizzle		
dill & parsley mayonnaise	1 medium packet	1 large packet		
cow's milk feta	½ packet	1 packet		
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2666kJ (637Cal)	655kJ (157Cal)
Protein (g)	41.2g	10.1g
Fat, total (g)	27.7g	6.8g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	53.9g	13.2g
- sugars (g)	16g	3.9g
Sodium (mg)	1498mg	368mg
Dietary Fibre (g)	8.9g	2.2g
Custom Recine		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	592kJ (141Cal)
Protein (g)	44.9g	10.2g
Fat, total (g)	24.7g	5.6g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	54.7g	12.4g
- sugars (g)	16.8g	3.8g
Sodium (mg)	1530mg	346mg
Dietary fibre	8.9g	2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/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. Cut carrot into bite-sized chunks. Cut beetroot into 1cm chunks
- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, boil the kettle. Roughly chop silverbeet. Finely chop garlic.
- Discard any liquid from beef strips packaging.
 In a medium bowl, combine beef strips, Aussie spice blend and a drizzle of olive oil in a small how!

Custom Recipe: If you've swapped to chicken breast strips, flavour as above.



Make the couscous

- Place couscous and chicken-style stock powder in a medium heatproof bowl.
- Add the boiling water (see ingredients) and stir to combine.
- Immediately cover with a plate and set aside until the water is absorbed, 5 minutes. Fluff up with a fork and set aside.



Cook the silverbeet

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook silverbeet until tender. 2-3 minutes.
- Add garlic and cook until fragrant, 1 minute.
 Transfer to bowl with couscous.



Sear the beef

- Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef strips in batches, tossing, until browned and cooked through, 1-2 minutes.
- Return all **beef strips** to pan and remove pan from heat, add the **honey** and toss to coat.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

Custom Recipe: Heat frying pan over mediumhigh heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Continue with recipe as above.



Serve up

- To the bowl with couscous, add roast veggies and a drizzle of vinegar and olive oil. Season with salt and pepper and toss to combine.
- Divide roast veggie couscous between bowls.
 Top with beef strips.
- Drizzle over dill & parsley mayonnaise and crumble over feta (see ingredients) to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate