



Chermoula Beef Strips & Carrot Couscous

with Mint Salsa & Tahini Dressing

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Brocolini



Mint



Beef-Style Stock Powder



Couscous



Tahini



Chermoula Spice Blend



Beef Strips

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

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 mint salsa and creamy tahini to top it off. Simply delicious.

Unfortunately, this week's green beans were in short supply, so we've replaced them with brocolini. Don't worry, the recipe will be just as delicious!

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	½	1
tomato	1	2
broccolini	1 bunch	1 bunch
mint	1 bunch	1 bunch
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
beef-style stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
tahini	½ packet (50g)	1 packet (100g)
water* (for the dressing)	1 tsp	2 tsp
chermoula spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2440kJ (582Cal)	604kJ (144Cal)
Protein (g)	45.9g	11.4g
Fat, total (g)	20.9g	5.2g
- saturated (g)	12.0g	3.0g
Carbohydrate (g)	50.0g	12.4g
- sugars (g)	7.6g	1.9g
Sodium (mg)	986mg	244mg

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.



1 Prep the veggies

Finely chop the **garlic**. Grate the **carrot** (see ingredients), unpeeled. Finely chop the **tomato**. Trim the **broccolini** and cut into 2cm pieces. Pick and thinly slice the **mint** leaves.



2 Make the carrot couscous

Heat a medium saucepan over a medium-high heat with the **butter** and a drizzle of **olive oil**. Add the **carrot** and cook until softened, **2 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and **beef-style stock powder** and bring to the boil. Add the **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**. Fluff up with a fork.



3 Make the toppings

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



4 Flavour the beef

In a second medium bowl, combine the **chermoula spice blend** and a drizzle of **olive oil**. Add the **beef strips** and toss to coat.



5 Cook the beef

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **broccolini** and cook until softened, **5-6 minutes**. Transfer to the **couscous** and stir through. Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, until browned, **2 minutes**. Season with **salt** and **pepper**.



6 Serve up

Divide the carrot couscous between bowls. Top with the chermoula beef and mint salsa. Garnish with the remaining mint. Serve with the tahini dressing.

Enjoy!