



Dukkah Beef & Buttery Freekeh

with Roasted Veggies & Lemon Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Cauliflower



Carrot



Leek



Chermoula Spice Blend



Dukkah



Beef Strips



Lemon



Greek-Style Yoghurt



Parsley



Beef Rump

Hands-on: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

If you haven't tried freekeh, give this colourful bowl a try. Stirring roasted veggies through this protein-rich ancient grain brings it to life, while the addition of succulent dukkah beef strips delivers a nutritious meal everyone will love.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

Large saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
butter*	20g	40g
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
leek	1	2
chermoula spice blend	1 sachet	1 sachet
dukkah	1 sachet	1 sachet
beef strips	1 packet	1 packet
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
parsley	1 bag	1 bag
beef rump**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2504kJ (598Cal)	486kJ (116Cal)
Protein (g)	46g	8.9g
Fat, total (g)	25.1g	4.9g
- saturated (g)	10.3g	2g
Carbohydrate (g)	45.2g	8.8g
- sugars (g)	12.7g	2.5g
Sodium (mg)	1004mg	195mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2518kJ (602Cal)	466kJ (111Cal)
Protein (g)	47.5g	8.8g
Fat, total (g)	24.9g	4.6g
- saturated (g)	10.9g	2g
Carbohydrate (g)	45.2g	8.4g
- sugars (g)	12.7g	2.4g
Sodium (mg)	1029mg	191mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Cook the freekeh

Preheat the oven to **220°C/200°C fan-forced**. Rinse the **freekeh**. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **freekeh**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with **water**, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**. Drain, rinse and return the pan to a medium heat. Add the **butter** and stir until the butter is melted and combined.



4 Make the lemon yoghurt

Zest the **lemon** to get a generous pinch and slice into wedges. In a small bowl, combine the **Greek-style yoghurt** and a squeeze of **lemon juice**. Set aside.



2 Roast the veggies

While the freekeh is cooking, cut the **cauliflower** into small florets. Cut the **carrot** into bite-sized chunks. Cut the white and light green parts of the **leek** into rounds. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **chermoula spice blend** and season with **salt** and **pepper**. Toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.



5 Cook the beef

When the freekeh has **5 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate. When the **freekeh** is done, add the **roasted veggies**, **lemon zest** and torn **parsley** to the saucepan. Stir to combine. Season with **salt** and **pepper**.

CUSTOM RECIPE

Heat the frying pan as above. When the oil is hot, cook the beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



3 Flavour the beef

While the veggies are roasting, combine the **dukkah**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a medium bowl. Add the **beef strips**, then toss to coat and set aside.

CUSTOM RECIPE

If you've swapped your beef strips for beef rump, place the beef between two sheets of baking paper. Pound the beef with a meat mallet or rolling pin until slightly flattened. Add the beef to the dukkah mixture as above and turn to coat.



6 Serve up

Divide the buttery freekeh with roasted veggies between plates. Top with the dukkah beef. Dollop over the lemon yoghurt. Serve with any remaining lemon wedges.

CUSTOM RECIPE

Slice the beef to serve.

Enjoy!