



Easy Honey & Yoghurt Tunisian Beef

with Roast Veggie Couscous & Mint

Grab your Meal Kit with this symbol



Parsnip



Chopped Veggie Mix



Couscous



Currants



Chicken-Style Stock Powder



Beef Strips



Tunisian Seasoning



Greek-Style Yoghurt



Baby Spinach Leaves



Mint

Hands-on: 10-20 mins
Ready in: 35-45 mins

Calorie Smart

How satisfying are juicy beef strips, coated in honey and yoghurt on a bed of filling, veggie-packed couscous? You'll have to make this delectable Tunisian-inspired dish to find out! With prepping made easy and a simply delicious end result, it'll be a night full of wins.

Pantry items

Olive Oil, Honey, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
chopped veggie mix	1 packet	1 packet
couscous	1 packet	1 packet
currants	½ sachet	1 sachet
chicken-style stock powder	1 sachet	1 sachet
boiling water*	¾ cup	1½ cups
beef strips	1 packet	1 packet
Tunisian seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
honey*	½ tbs	1 tbs
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	½ tbs	1 tbs
mint	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2367kJ (565Cal)	520kJ (124Cal)
Protein (g)	37.4g	8.2g
Fat, total (g)	21.3g	4.7g
- saturated (g)	6.7g	1.5g
Carbohydrate (g)	58.4g	12.8g
- sugars (g)	18.8g	4.1g
Sodium (mg)	1474mg	324mg

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.

1



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Boil a kettle of water. Roughly chop the **parsnip**. Place the **chopped veggie mix** and **parsnip** on a lined oven tray, drizzle with **olive oil** and season. Toss to coat and roast until tender, **20-25 minutes**.

3



Cook the beef

While the couscous is cooking add the **beef strips**, **Tunisian spice blend**, the **salt**, **honey** and a small dollop of **Greek-style yoghurt** in a medium bowl. Toss to combine. When the veggies have **5 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

2



Cook the couscous

While the veggies are roasting, place the **couscous** and **currants** (see ingredients) in large bowl, then sprinkle over the **chicken-style stock powder**. Add the **boiling water** and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.

4



Serve up

Add the roasted veggies, **baby spinach leaves** and the **white wine vinegar** to the couscous. Toss to combine and season. Divide the roast veggie couscous between bowls. Top with the honey-yoghurt Tunisian beef (plus any resting juices!) and remaining yoghurt. Tear over the **mint** leaves.

Enjoy!