

Greek-Style Beef & Cucumber Freekeh

with Yoghurt

Grab your Meal Kit with this symbol



Garlic



Freekeh



Chicken-Style Stock Powder



Tomato



Cucumber



Baby Spinach Leaves



Garlic & Herb Seasoning



Flaked Almonds



Beef Strips



Greek-Style Yoghurt

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 40-50 mins

Dietitian Approved

Carb Smart

Beef and veggies can get a little tiresome, but we bet with this new twist everyone at the table will be wanting a second helping. With flavours of garlic coming from the tender beef strips, a cooling yoghurt dolloped on top of an array of veggies and freekeh, it can be confirmed that beef and veggies are back in the good books!

Pantry items

Olive Oil, Red 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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
freekeh	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
tomato	1	2
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
beef strips	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
flaked almonds	1 packet	2 packets
red wine vinegar*	drizzle	drizzle
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2064kJ (493Cal)	545kJ (130Cal)
Protein (g)	41.8g	11g
Fat, total (g)	18.4g	4.9g
- saturated (g)	5.4g	1.4g
Carbohydrate (g)	38.7g	10.2g
- sugars (g)	7.8g	2.1g
Sodium (mg)	955mg	252mg
Dietary Fibre (g)	8.8g	2.3g

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

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Cook the freekeh

1. Finely chop **garlic**. Rinse the **freekeh**.
2. In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **freekeh**, stirring occasionally, until golden, **1-2 minutes**.
3. 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 and rinse.
4. Return pan to medium heat with a drizzle of **olive oil**. Add **garlic** and cook until fragrant, **1 minute**.
5. Add **freekeh** and **chicken-style stock powder** and stir to combine.

TIP: The freekeh is cooked when it has softened but still retains some bite.



Cook the beef

1. When the freekeh has **5 minutes** cook time remaining, return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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



Get prepped

1. While the freekeh is cooking, roughly chop **tomato**, **cucumber** and **baby spinach leaves**.
2. In a medium bowl, combine **beef strips**, **garlic & herb seasoning** and a drizzle of **olive oil**. Season with **salt** and set aside.



Bring it all together

1. When the freekeh is done, transfer to a large bowl, then add **baby spinach**, **tomato**, **cucumber** and a drizzle of **red wine vinegar**. Gently stir to combine. Season with **salt** and **pepper**.

TIP: Combine the ingredients for the freekeh salad in the saucepan to save on washing up!



Toast the almonds

1. Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Serve up

1. Divide freekeh salad between plates. Top with Greek-style beef and toasted flaked almonds.
2. Dollop over **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

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