



Balanced Greek-Style Beef Bowl

with Cucumber Freekeh & Garlic Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Freekeh



Garlic



Chicken-Style Stock Powder



Lemon



Carrot



Cucumber



Baby Spinach Leaves



Beef Strips



Garlic & Herb Seasoning



Greek-Style Yoghurt



Chicken Breast

Recipe Update

Unfortunately, this week's tomato was in short supply, so we've replaced it with carrot. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

Calorie Smart

Eat Me Early*
*Custom Recipe only

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!

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

Pantry items

Olive Oil, Honey

Before you start

Wash your hands and any fresh food

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

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
garlic	2 cloves	4 cloves
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
lemon	½	1
carrot	1	2
cucumber	1 (medium)	1 (large)
baby spinach leaves	1 small bag	1 medium bag
beef strips	1 packet	1 packet (or 2 packets)
garlic & herb seasoning	1 sachet	1 sachet
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2023kJ (484Cal)	508kJ (121Cal)
Protein (g)	39.5g	9.9g
Fat, total (g)	17.5g	4.4g
- saturated (g)	5.9g	1.5g
Carbohydrate (g)	39.7g	10g
- sugars (g)	9.3g	2.3g
Sodium (mg)	956mg	240mg
Dietary Fibre (g)	9g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1985kJ (474Cal)	458kJ (109Cal)
Protein (g)	43.2g	10g
Fat, total (g)	14.9g	3.4g
- saturated (g)	4.2g	1g
Carbohydrate (g)	39.7g	9.2g
- sugars (g)	9.3g	2.1g
Sodium (mg)	1005mg	232mg
Dietary Fibre (g)	9g	2.1g

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



1



Cook the freekeh

- Rinse the **freekeh**. Finely chop **garlic**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Toast **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 set aside.
- Return pan to medium heat with a drizzle of **olive oil**. Add 1/2 the **garlic** and cook until fragrant, **1 minute**.
- Return **freekeh** to the pan along with **chicken-style stock powder**. Stir to combine.

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

4



Cook the beef

- When the freekeh has **5 minutes** 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**.
- Remove pan from heat, return all **beef** to the pan, then add the **honey** and toss beef to coat.

Custom Recipe: Heat the pan and oil as above. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Coat chicken in honey as above.

2



Get prepped

- While the freekeh is cooking, zest **lemon** to get a pinch, then slice into wedges. Grate the **carrot**. Roughly chop **cucumber** and **baby spinach leaves**.
- In a medium bowl, combine **beef strips, garlic & herb seasoning** and a drizzle of **olive oil**. Season with **salt** and set aside.

Custom Recipe: If you've swapped to chicken breast, cut chicken into 2cm chunks. Flavour chicken the same way as the beef.

5



Bring it all together

- In a large bowl, combine **freekeh, carrot, cucumber, baby spinach, lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

TIP: Combine everything in the saucepan with freekeh to save on washing dishes!

3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook remaining **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.

6



Serve up

- Divide freekeh salad between bowls.
- Top with Greek-style beef strips and dollop with garlic yoghurt to serve. Enjoy!

Rate your recipe

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