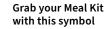
# Garlic & Herb Beef Strips with Roast Veggie Couscous, Basil Pesto & Feta













Parsnip





**Red Onion** 

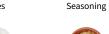


**Baby Spinach** 



Garlic & Herb

Leaves



**Beef Strips** 



Flaked Almonds



Vegetable Stock



Powder





Parsley



Basil Pesto



Feta

**Pantry items** 

Olive Oil, 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  $\cdot$  Large frying pan  $\cdot$  Medium saucepan with a lid

#### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
parsnip	1	2
red onion	1 (medium)	1 (large)
garlic	1 clove	2 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic & herb seasoning	1 sachet	1 sachet
beef strips	1 packet	1 packet
flaked almonds	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock powder	1 sachet	1 sachet
couscous	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
parsley	1 bunch	1 bunch
basil pesto	1 packet (50g)	1 packet (100g)
feta	1 block (25g)	1 block (50g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2900kJ (693Cal)	569kJ (136Cal)
Protein (g)	47.9g	9.4g
Fat, total (g)	27.0g	5.3g
- saturated (g)	7.0g	1.4g
Carbohydrate (g)	59.4g	11.7g
- sugars (g)	15.6g	3.1g
Sodium (mg)	1180mg	232mg

### **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.



# Roast the veggies

Preheat the oven to 240°C/220°C fan-forced. Cut the carrot (unpeeled) into 1cm half-moons. Cut the parsnip (unpeeled) into 2cm chunks. Slice the red onion into 2cm wedges. Place the veggies on an oven tray lined with baking paper, drizzle with olive oil and season with salt and pepper. Toss to coat. Roast until tender, 20-25 minutes.

**TIP:** Cut the veggies to size so they cook in time. **TIP:** If your oven tray is crowded, divide between two trays.



# Get prepped

While the veggies are roasting, finely chop the garlic. Roughly chop the baby spinach leaves. In a medium bowl, combine the garlic & herb seasoning, garlic and a drizzle of olive oil. Season with salt and pepper. Add the beef strips and toss to coat. Set aside. Heat a large frying pan over medium-high heat. Add the flaked almonds and toast, tossing, until golden, 2-3 minutes. Transfer to a small bowl.



#### Cook the couscous

In a medium saucepan, add the **water** and **vegetable 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. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.



#### Cook the beef

While the couscous is cooking, return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, until browned, **1-2 minutes**. Transfer to a bowl and cover to keep warm.

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



# Bring it all together

Add the roasted **veggies**, **baby spinach**, a drizzle of **olive oil** and the **white wine vinegar** to the **couscous**. Season with **salt** and **pepper** and toss to combine. Roughly chop the **parsley** leaves.



#### Serve up

Divide the roast veggie couscous between bowls. Top with the garlic and herb beef strips and spoon over any resting juices. Dollop with the **basil pesto** and crumble over the **feta**. Garnish with the toasted almonds and parsley.

# Enjoy!