

# Garlic & Herb Beef Strips

with Roast Veggie Couscous, Basil Pesto & Feta

Grab your Meal Kit with this symbol



Carrot



Parsnip



Red Onion



Garlic



Baby Spinach Leaves



Garlic & Herb Seasoning



Beef Strips



Flaked Almonds



Vegetable Stock Powder



Couscous



Parsley



Basil Pesto



Feta

 Hands-on: 20-30 mins  
Ready in: 30-40 mins

Quickly-cooked beef strips meld together wonderfully with nutty basil pesto in this Mediterranean-style dish. Make it a meal with fluffy couscous and crumbly feta, and now you've got yourself a fusion of textures and flavours you simply can't miss out on!

### 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 · Large frying pan · 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)

\*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](https://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.



## 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.



## 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.



## 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.



## 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.



## 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!