

Spiced Beef Strips & Roast Veggie Couscous

with Dill & Parsley Dressing

Grab your Meal Kit with this symbol



Parsnip



Courgette



Red Onion



Chicken-Style Stock Powder



Couscous



Flaked Almonds



Dill & Parsley Mayonnaise



Salad Leaves



Aussie Spice Blend



Beef Strips



Chargilled Capsicum Relish

 Hands-on: 15-25 mins
Ready in: 25-35 mins

Colourful, nutritious and flavoursome - these are just a few of the ways we can describe this amazing veggie-loaded couscous. Topped with gently spiced beef strips and herbed yoghurt, your insides will love it just as much as your tastebuds do.

Unfortunately, this week's capsicum was in short supply, so we've replaced it with chargilled capsicum relish. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil

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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
water* (for the couscous)	¾ cup	1½ cups
chicken-style stock powder	1 sachet	1 sachet
couscous	1 packet	1 packet
flaked almonds	1 packet	2 packets
dill & parsley mayonnaise	50g	100g
water* (for the sauce)	2 tsp	4 tsp
salad leaves	1 bag (30g)	1 bag (60g)
Aussie spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
chargrilled capsicum relish	50g	100g

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2612kJ (624Cal)	456kJ (108Cal)
Protein (g)	45g	7.9g
Fat, total (g)	25.3g	4.4g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	54g	9.4g
- sugars (g)	15.3g	2.7g
Sodium (mg)	1132mg	198mg

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 **parsnip** (unpeeled) into 1cm half-moons. Cut the **courgette** into 1cm rounds. 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, then 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

In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **beef strips** and toss to coat. When the veggies have **5 minutes** cook time remaining, return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **beef strips**, in batches, tossing, 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.



Cook the couscous

While the veggies are roasting, add the **water (for the couscous)** and **chicken-style stock powder** to a medium saucepan 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. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Finish the couscous

Add the roasted **veggies**, **chargrilled capsicum relish** and **salad leaves** to the **couscous** and gently toss to combine. Season to taste.



Get prepped

While the couscous is cooking, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl. In a second small bowl, combine the **dill & parsley mayonnaise** and **water (for the sauce)**. Set aside. Roughly chop the **salad leaves**.



Serve up

Divide the roast veggie couscous between bowls. Top with the spiced beef strips and any resting juices. Spoon over the dill-parsley dressing. Sprinkle with the toasted almonds.

Enjoy!