



Spiced Beef & Veggie Couscous

with Creamy Pesto Dressing & Almonds

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Carrot



Garlic



Chicken-Style Stock Powder



Couscous



Leek



White Turnip



Roasted Almonds



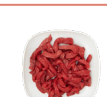
Beef Strips



Aussie Spice Blend



Creamy Pesto Dressing



Beef Strips

Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with turnip. 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: 30-40 mins

When you think fresh and green do you think of pesto like we do? We can't get enough of a creamy pesto drizzle, especially over a fluffy couscous to help coat tender beef strips. We are keen to try this tasty green treat!

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic), 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
garlic	2 cloves	4 cloves
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
leek	1	2
white turnip	1	2
roasted almonds	1 packet	2 packets
beef strips	1 packet	1 packet (or 2 packets)
Aussie spice blend	1 sachet	1 sachet
vinegar* (white wine or balsamic)	drizzle	drizzle
honey*	1 tsp	2 tsp
creamy pesto dressing	1 packet (40g)	1 packet (80g)
beef strips**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2785kJ (666Cal)	735kJ (176Cal)
Protein (g)	41.1g	10.9g
Fat, total (g)	33g	8.7g
- saturated (g)	10.2g	2.7g
Carbohydrate (g)	48.3g	12.8g
- sugars (g)	9.8g	2.6g
Sodium (mg)	1321mg	349mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3582kJ (856Cal)	711kJ (170Cal)
Protein (g)	69.8g	13.9g
Fat, total (g)	41.3g	8.2g
- saturated (g)	13.5g	2.7g
Carbohydrate (g)	48.3g	9.6g
- sugars (g)	9.8g	1.9g
Sodium (mg)	1371mg	272mg

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



Make the couscous

- Grate the **carrot** (see ingredients). Finely chop **garlic**.
- In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Add the **water** and **chicken-style stock powder** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.



Finish the couscous

- In a large bowl, combine **leek**, **turnip** and **carrot couscous**. Drizzle with **vinegar** and **olive oil**. Season with **salt** and **pepper** and toss to combine.

TIP: Combine the veggies and couscous in the saucepan to save on washing dishes!



Get prepped

- Meanwhile, thinly slice **leek** and **white turnip**. Roughly chop **roasted almonds**.
- Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **beef strips**, **Aussie spice blend** and a drizzle of **olive oil**.

Custom Recipe: If you've doubled your beef strips, prep as above.



Cook the beef

- Return the 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, then add the **honey** and toss **beef** to coat. Set aside.

Custom Recipe: Cook in batches for the best results! Return all beef to the pan before adding the honey.



Cook the leek

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **leek** and **turnip** until tender, **4-5 minutes**.



Serve up

- Divide veggie couscous between bowls. Top with spiced beef and **creamy pesto dressing**.
- Garnish with almonds to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate