



Spiced Beef & Currant Couscous

with Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Carrot



Garlic



Tomato



Baby Leaves



Chicken-Style Stock Powder



Couscous



Currants



Flaked Almonds



Aussie Spice Blend



Beef Strips



Greek-Style Yoghurt



Beef Rump

Prep in: 20-30 mins
Ready in: 25-35 mins



Our popular Aussie spice blend, with dried onion and garlic, instantly adds a rich, classic flavour to tender beef strips. Add sweet currants and veggies with a creamy yoghurt for a dish worth enjoying again and again.

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

Pantry items

Olive Oil, Butter

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	1	2
garlic	3 cloves	6 cloves
tomato	1	2
baby leaves	1 small packet	1 medium packet
butter*	15g	30g
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2567kJ (614Cal)	635kJ (152Cal)
Protein (g)	40.9g	10.1g
Fat, total (g)	25.8g	6.4g
- saturated (g)	9.9g	2.4g
Carbohydrate (g)	56.7g	14g
- sugars (g)	14.2g	3.5g
Sodium (mg)	1136mg	281mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2584kJ (618Cal)	602kJ (144Cal)
Protein (g)	44.1g	10.3g
Fat, total (g)	25g	5.8g
- saturated (g)	10.6g	2.5g
Carbohydrate (g)	56.7g	13.2g
- sugars (g)	14.2g	3.3g
Sodium (mg)	1160mg	270mg

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

2024 | CW14



1



Make the couscous

- Grate **carrot**. Finely chop **garlic**. Roughly chop **tomato** and **baby leaves**.
- Heat a medium saucepan over medium-high heat with the **butter** and a drizzle of **olive oil**. Cook **carrot** and half the **garlic**, stirring, until softened, **2-3 minutes**.
- Add the **water** and **chicken-style stock powder**, then bring to the boil.
- Add **couscous**, stir to combine, then cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**.
- Fluff up with a fork, then stir through **baby leaves**, **tomato** and **currants**. Season to taste and set aside uncovered.

3



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.

Custom Recipe: Heat frying pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Toast the almonds

- While the couscous is cooking, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- In a medium bowl, combine **Aussie spice blend**, remaining **garlic** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

Custom Recipe: If you've upgraded to beef rump, place between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Flavour as above.

4



Serve up

- Divide currant couscous between bowls.
- Top with spiced beef. Dollop with **Greek-style yoghurt**.
- Garnish with toasted almonds to serve. Enjoy!

Custom Recipe: Slice beef to serve.

Rate your recipe

Did we make your tastebuds happy?

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