



# Quick 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



Parsley



Chicken Breast Strips

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



Eat Me Early\*  
\*Custom Recipe only

Couscous — the grain so nice they named it twice! Here we've added sweet currants and nutty almonds for a pop of flavour, and topped the whole thing off with mildly spiced beef strips and greens. Don't forget the generous dollop of cooling yoghurt to bring the meal together.

**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
<b>olive oil*</b>	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
<b>butter*</b>	15g	30g
<b>water*</b>	¾ cup	1 ½ 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	2 medium packets
parsley	1 packet	1 packet
chicken breast strips**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2487kJ (594Cal)	630kJ (151Cal)
Protein (g)	40.4g	10.2g
Fat, total (g)	23.8g	6g
- saturated (g)	8.8g	2.2g
Carbohydrate (g)	53.2g	13.5g
- sugars (g)	14g	3.5g
Sodium (mg)	1131mg	287mg
Dietary Fibre (g)	8.1g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2438kJ (583Cal)	568kJ (136Cal)
Protein (g)	44.2g	10.3g
Fat, total (g)	20.7g	4.8g
- saturated (g)	7.1g	1.7g
Carbohydrate (g)	54g	12.6g
- sugars (g)	14.8g	3.4g
Sodium (mg)	1163mg	271mg
Dietary fibre	8.1g	1.9g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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:** If you've swapped to chicken breast strips, flavour chicken in the same way as the beef in step 2. Heat frying pan over medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through (when no longer pink inside), 3-4 minutes each side.

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.

4



## Serve up

- Divide currant couscous between bowls.
- Top with spiced beef. Dollop with **Greek-style yoghurt**.
- Tear over **parsley** and garnish with toasted almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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