



# Seared Beef Strips & Roast Veggie Couscous

with Feta & Dill-Parsley Mayo

MEDITERRANEAN

NEW

Grab your Meal Kit with this symbol



Carrot



Beetroot



Silverbeet



Garlic



Beef Strips



Aussie Spice Blend



Couscous



Chicken-Style Stock Powder



Dill & Parsley Mayonnaise



Cow's Milk Feta



Chicken Breast Strips

Prep in: 25-35 mins  
Ready in: 30-40 mins

Calorie Smart

Eat Me Early\*  
\*Custom Recipe only

Experience the warmth of the Mediterranean with succulent, lightly spiced beef and a colourful veggie-speckled couscous, bursting with vibrant flavours. With creaminess from a drizzle of herby mayo and a sprinkle of crumbly feta, every forkful is like a mini getaway.

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

### Pantry items

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
beetroot	1	2
silverbeet	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
<b>honey*</b>	1 tsp	2 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
cow's milk feta	½ 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)	2666kJ (637Cal)	655kJ (157Cal)
Protein (g)	41.2g	10.1g
Fat, total (g)	27.7g	6.8g
- saturated (g)	7.9g	1.9g
Carbohydrate (g)	53.9g	13.2g
- sugars (g)	16g	3.9g
Sodium (mg)	1498mg	368mg
Dietary Fibre (g)	8.9g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	592kJ (141Cal)
Protein (g)	44.9g	10.2g
Fat, total (g)	24.7g	5.6g
- saturated (g)	6.2g	1.4g
Carbohydrate (g)	54.7g	12.4g
- sugars (g)	16.8g	3.8g
Sodium (mg)	1530mg	346mg
Dietary fibre	8.9g	2g

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.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW22



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Cook the silverbeet

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **silverbeet** until tender, **2-3 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to bowl with **couscous**.



## Get prepped

- Meanwhile, boil the kettle. Roughly chop **silverbeet**. Finely chop **garlic**.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef strips**, **Aussie spice blend** and a drizzle of **olive oil** in a small bowl.

**Custom Recipe:** If you've swapped to chicken breast strips, flavour as above.



## Sear 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**.
- Return all **beef strips** to pan and remove pan from heat, add the **honey** and toss to coat.

**TIP:** Cooking the meat in batches over a high heat helps it stay tender.

**Custom Recipe:** 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. Continue with recipe as above.



## Make the couscous

- Place **couscous** and **chicken-style stock powder** in a medium heatproof bowl.
- Add the **boiling water** (see ingredients) and stir to combine.
- Immediately cover with a plate and set aside until the water is absorbed, **5 minutes**. Fluff up with a fork and set aside.



## Serve up

- To the bowl with couscous, add roast veggies and a drizzle of **vinegar** and olive oil. Season with salt and pepper and toss to combine.
- Divide roast veggie couscous between bowls. Top with beef strips.
- Drizzle over **dill & parsley mayonnaise** and crumble over **feta** (see ingredients) to serve. Enjoy!

## Rate your recipe

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