



# Sticky Moroccan Beef & Veggie Couscous

with Baby Leaves & Yoghurt

NEW

Grab your Meal Kit with this symbol



Carrot



Courgette



Beef Strips



Chermoula Spice Blend



Chicken-Style Stock Powder



Couscous



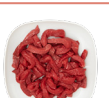
Apricot Sauce



Baby Leaves



Greek-Style Yoghurt



Beef Strips

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



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Prepare for a flavour adventure, where sweet apricot meets herbaceous and mildly spicy chermoula in a bold harmony that will dazzle your tastebuds! Tender beef takes on these flavours with ease, and is perfectly balanced with a colourful veggie couscous and a cooling dollop of yoghurt.

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

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## 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

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
courgette	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
<b>water*</b>	¾ cup	1½ cups
couscous	1 medium packet	2 medium packets
apricot sauce	1 medium packet	1 large packet
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
Greek-style yoghurt	1 medium packet	2 medium packets
beef 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)	2376kJ (568Cal)	519kJ (124Cal)
Protein (g)	39.6g	8.7g
Fat, total (g)	19g	4.2g
- saturated (g)	9.3g	2g
Carbohydrate (g)	57.3g	12.5g
- sugars (g)	18.5g	4g
Sodium (mg)	1111mg	243mg
Dietary Fibre (g)	7.2g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3172kJ (758Cal)	545kJ (130Cal)
Protein (g)	68.3g	11.7g
Fat, total (g)	27.4g	4.7g
- saturated (g)	12.6g	2.2g
Carbohydrate (g)	57.3g	9.8g
- sugars (g)	18.5g	3.2g
Sodium (mg)	1161mg	199mg
Dietary fibre	7.2g	1.2g

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



## Get prepped

- Grate **carrot**. Thinly slice **courgette** into half moons.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Discard any liquid from **beef strips** packaging. In a medium bowl, combine **beef strips, chermoula spice blend, a drizzle of olive oil** and a pinch of **salt**.

**Custom Recipe:** If you've doubled your beef strips, flavour in a large bowl and cook in batches for best results!



## Cook the beef

- Meanwhile, heat a large frying pan over 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** to the pan and remove pan from heat. Add **apricot sauce** and a splash of **water** and toss **beef** to coat.

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



## Make the couscous

- In a medium saucepan, heat a drizzle of **olive oil** and the **butter** over medium-high heat.
- Cook **courgette** until tender, **2-3 minutes**. Add **carrot** and cook until softened, **2-3 minutes**.
- Add **chicken-style stock powder** and the **water**, and bring to the boil. Add **couscous**, then stir to combine.
- Cover with a lid and remove from heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork.



## Serve up

- Add **baby leaves** and a drizzle of **white wine vinegar** and **olive oil** to the couscous. Generously season with **salt** and **pepper** and stir to combine.
- Divide veggie couscous between bowls.
- Top with sticky Moroccan beef and **Greek style yoghurt**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)