



# Apricot-Glazed Mumbai Beef Strips

with Veggie Couscous & Cucumber Raita

Grab your meal kit with this number

33



Carrot



Chicken-Style Stock Powder



Couscous



Baby Leaves



Cucumber



Greek-Style Yoghurt



Flaked Almonds



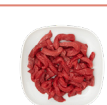
Mumbai Spice Blend



Beef Strips



Apricot Sauce



Beef Strips



Beef Rump

Prep in: 15-25 mins  
Ready in: 20-30 mins

Calorie Reduced

This beef is sweet, spiced and very nice. When using an apricot sauce to glaze beef strips it's best to pair it with a fluffy couscous to help absorb all those flavours. Include a cucumber raita to cool off after your tastebuds are blown away.

### Pantry items

Olive Oil, White Wine Vinegar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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	½	1
<b>water*</b>	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	2 medium packets
baby leaves	1 small packet	1 medium packet
<b>white wine vinegar*</b>	drizzle	drizzle
cucumber	1 (medium)	1 (large)
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
Mumbai spice blend	1 medium sachet	2 medium sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
apricot sauce	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2134kJ (510Cal)	553kJ (132Cal)
Protein (g)	40.1g	10.4g
Fat, total (g)	12.4g	3.2g
- saturated (g)	4g	1g
Carbohydrate (g)	56.3g	14.6g
- sugars (g)	17.5g	4.5g
Sodium (mg)	838mg	217mg
Dietary Fibre (g)	5.4g	1.4g

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** (see ingredients).
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot**, stirring, until softened, **2 minutes**.
- Add the **water** and **chicken-style stock powder** and bring to the boil.
- Add **couscous**, then stir to combine. Cover with a lid and remove from heat. Set aside until water has absorbed, **5 minutes**.
- Add **baby leaves** and a drizzle of **white wine vinegar** and stir to combine.

3



## 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 from heat, then add **apricot sauce**. Toss to coat.

2



## Get prepped

- Meanwhile, finely chop **cucumber**. In a small bowl, combine **cucumber** and **Greek-style yoghurt**. Season with **salt** and **pepper** and set aside.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a second small bowl.
- In a medium bowl, combine **Mumbai spice blend** and a drizzle of **olive oil**. Add **beef strips**, season and toss to coat.

4



## Serve up

- Divide veggie couscous between bowls.
- Top with apricot-glazed Mumbai beef strips.
- Sprinkle with toasted almonds and serve with cucumber raita. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



### CUSTOM OPTIONS



#### DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



#### SWAP TO BEEF RUMP

Thinly slice beef into strips. Cook as above for 1-2 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

