



Apricot-Glazed Mumbai Beef Strips

with Sautéed Veggie Couscous & Yoghurt

NEW

Grab your meal kit with this number

30



Carrot



Courgette



Leek



Mumbai Spice Blend



Beef Strips



Chicken-Style Stock Powder



Couscous



Flaked Almonds



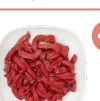
Apricot Sauce



Greek-Style Yoghurt



Diced Chicken



Beef Strips

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

Calorie Smart

Can't decide between sweet or savoury, don't worry we couldn't either so we combined it into one! Tender beef strips are cooked in our Mumbai spice blend and then tossed in a sticky-sweet apricot glaze. You won't have to worry about picking one flavour over the other again with this recipe under your belt.

Pantry items

Olive Oil

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
leek	1	2
Mumbai spice blend	1 medium sachet	2 medium sachets
beef strips	1 medium packet	2 medium packets OR 1 large packet
water*	¾ cup	1½ cups
chicken-style stock powder	1 medium sachet	1 large sachet
couscous	1 packet	2 packets
flaked almonds	1 packet	2 packets
apricot sauce	½ medium packet	1 medium packet
Greek-style Yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2331kJ (557Cal)	515kJ (123Cal)
Protein (g)	41.2g	9.1g
Fat, total (g)	17.9g	4g
- saturated (g)	4.7g	1g
Carbohydrate (g)	54.3g	12g
- sugars (g)	15.9g	3.5g
Sodium (mg)	809mg	179mg
Dietary Fibre (g)	5.7g	1.3g

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.



Get prepped

- Thinly slice **carrot** and **courgette** into half-moons. Thinly slice **leek**.
- In a medium bowl, combine **Mumbai spice blend** and a drizzle of **olive oil**. Add **beef strips**, season and toss to coat. Set aside.



Cook the beef strips

- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.
- 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** (see ingredients) and a splash of **water**. Toss to coat.



Make the couscous

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot, courgette** and **leek**, stirring, until softened, **5-6 minutes**.
- Add the **water** and **chicken-style stock powder** and a good pinch of **salt** 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**.



Serve up

- Divide veggie couscous between bowls.
- Top with apricot-glazed Mumbai beef strips.
- Dollop with **Greek-style yoghurt** and sprinkle with flaked almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS



SWAP TO DICED CHICKEN

Cook until cooked through, 3-4 minutes.



DOUBLE BEEF STRIPS

Follow method above.

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

