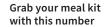


Easy Honey Chipotle Beef & Carrot Couscous with Avocado Salsa & Coriander

NEW

















Vegetable Stock Tex-Mex Spice



Mild Chipotle

Powder





Coriander



Garlic Aioli

Beef Strips



Calorie Smart





This meal is like a rainbow in a bowl. Rich chipotle-honey beef strips are perfectly paired with bright orange carrot couscous, vibrant green avocado, fresh and fragrant red tomatoes and zesty yellow lemons! We're eating all the colours tonight.

Pantry items Olive Oil, Honey

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	2 cloves	4 cloves	
avocado	1 (small)	1 (large)	
tomato	1	2	
carrot	1	2	
lemon	1/2	1	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
Tex-Mex spice blend	1 medium sachet	1 large sachet	
water*	¾ cup	1½ cups	
vegetable stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
mild chipotle sauce	1 medium packet	1 large packet	
honey*	1 tsp	2 tsp	
coriander	1 packet	1 packet	
garlic aioli	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2702kJ (646cal)	279kJ (67cal)
Protein (g)	39.8g	4.1g
Fat, total (g)	29.5g	3.1g
- saturated (g)	6.6g	0.7g
Carbohydrate (g)	51.3g	5.3g
- sugars (g)	12.6g	1.3g
Sodium (mg)	1066mg	110.2mg
Dietary Fibre (g)	9.9g	1g

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

- Finely chop garlic.
- · Slice avocado in half, scoop out flesh and roughly chop.
- Roughly chop **tomato**.
- Grate carrot.
- Zest **lemon** to get a pinch, then slice into wedges.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine beef, Tex-Mex spice blend and a drizzle of olive oil. Set aside.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, 1-2 minutes.
- Remove pan from heat, then add mild chipotle sauce and the honey and toss beef to combine.

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



Cook the couscous

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Add carrot and garlic, then cook, stirring, until softened, 2-3 minutes. Add the water and vegetable stock powder and bring to the boil.
- Add couscous, then stir to combine. Cover with a lid and remove from heat.
- Set aside until the water is absorbed, **5 minutes**. Fluff up with fork and stir through lemon zest.



Serve up

- In a second medium bowl, combine avocado, tomato, a squeeze of lemon juice and a drizzle of olive oil. Season to taste with salt and pepper.
- · Divide carrot couscous between bowls.
- Top with honey chipotle beef and avocado salsa.
- Tear over **coriander** and dollop with **garlic aioli**. Serve with any remaining lemon wedges. Enjoy!









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

