

Easy Honey Chipotle Beef & Carrot Couscous

with Avocado Salsa & Coriander

NEW

Grab your meal kit with this number

13



Garlic



Avocado



Tomato



Carrot



Lemon



Beef Strips



Tex-Mex Spice Blend



Vegetable Stock Powder



Couscous



Mild Chipotle Sauce



Coriander



Garlic Aioli



Beef Strips



Shredded Cheddar Cheese

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



Protein Rich



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

	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	½	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.

We're here to help!

Scan here if you have any questions or concerns

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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.

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



ADD CHEDDAR CHEESE

Sprinkle over before serving.



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.

