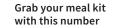


Spiced Beef & Currant Couscous with Yoghurt & Slivered Almonds

HELLOHERO

















Baby Leaves



Chicken-Style Stock Powder







Currants

Aussie Spice Blend





Beef Strips

Slivered Almonds







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

Calorie Smart



Protein Rich

Couscous — the grain so nice they named it twice! Here we've added sweet currants and nutty almonds for a pop of flflavour, and topped the whole thing off with mildly spiced beef strips and greens. Don't forget the generous dollop of cooling yoghurt to bring the meal together.

Pantry items Olive Oil, Butter

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	
carrot	1	2	
garlic	3 cloves	6 cloves	
tomato	1	2	
baby leaves	1 small packet	1 medium packet	
butter*	15g	30g	
water*	¾ cup	1½ cups	
chicken-style stock powder	1 medium sachet	1 large sachet	
couscous	1 medium packet	1 large packet	
currants	1 medium packet	2 medium packets OR 1 large packet	
Aussie spice blend	1 medium sachet	1 large sachet	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
slivered almonds	½ packet	1 packet	
Greek-style yoghurt	1 medium packet	1 large packet	
parsley	1 packet	1 packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2572kJ (615Cal)	628kJ (150Cal)
Protein (g)	41g	10g
Fat, total (g)	25.8g	6.3g
- saturated (g)	9.9g	2.4g
Carbohydrate (g)	56.7g	13.8g
- sugars (g)	14.2g	3.5g
Sodium (mg)	1139mg	278mg
Dietary Fibre (g)	8.1g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the couscous

- Grate carrot. Finely chop garlic. Roughly chop tomato and baby leaves.
- Heat a medium saucepan over medium-high heat with the butter and a drizzle of olive oil. Cook carrot and half the garlic, stirring, until softened, 2-3 minutes.
- Add the water and chicken-style stock powder, then bring to the boil.
- Add couscous, stir to combine, then cover with a lid and remove from heat.
 Set aside until the water has absorbed, 5 minutes.
- Fluff up with a fork, then stir through **baby leaves, tomato** and **currants**. Season to taste with **salt** and **pepper**, then set aside uncovered.



Cook the beef

- Heat a large frying pan over medium-high heat. Toast slivered almonds, tossing, until toasted, 3-5 minutes. Transfer to a bowl.
- Return frying pan to 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.

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



Get prepped

- While the couscous is cooking, combine Aussie spice blend, remaining garlic and a drizzle of olive oil in a medium bowl.
- Add **beef strips** and toss to coat.



Serve up

- · Divide currant couscous between bowls.
- Top with spiced beef. Dollop with Greek-style yoghurt.
- Tear over **parsley** and garnish with slivered almonds to serve. Enjoy!



