

Spiced Beef & Currant Couscous

with Yoghurt & Slivered Almonds

HELLOHERO

Grab your meal kit with this number

12



Carrot



Garlic



Tomato



Baby Leaves



Chicken-Style Stock Powder



Couscous



Currants



Aussie Spice Blend



Beef Strips



Slivered Almonds



Greek-Style Yoghurt



Parsley



Beef Rump



Chicken Breast Strips

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



Protein Rich



Calorie Smart

Couscous — the grain so nice they named it twice! Here we've added sweet currants and nutty almonds for a pop of fflavour, 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

	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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



1



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.

3



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.

CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 5-6 minutes for medium. Rest then slice before serving.



SWAP TO CHICKEN BREAST STRIPS

Cook until cooked through, 3-4 minutes each side.

2



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.

4



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!

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

