

Spiced Beef & Currant Couscous with Yoghurt & Almonds

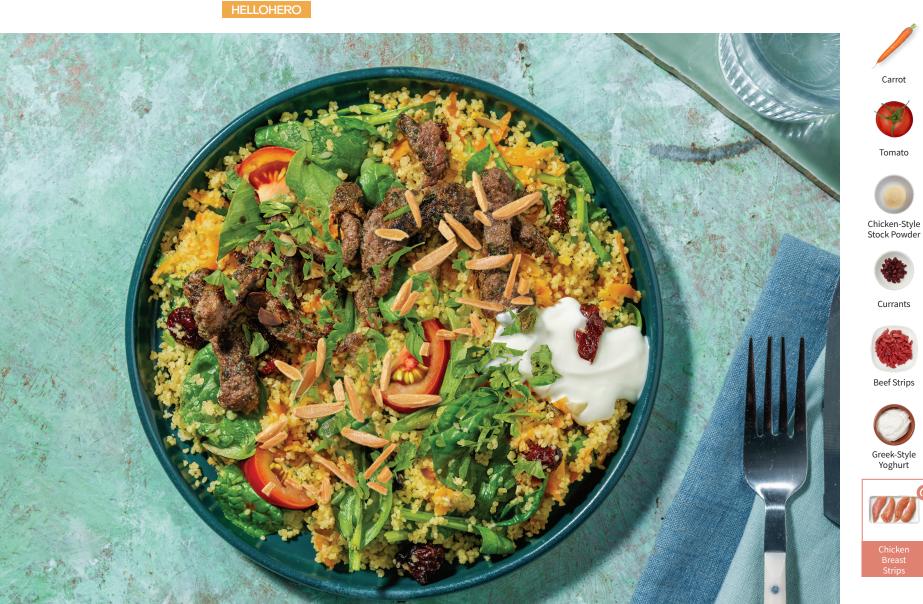
Grab your meal kit with this number



Garlic

Baby Leaves

Couscous



Pantry items Olive Oil, Butter

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

Protein Rich

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

Currants

Carrot

Tomato

Aussie Spice Blend



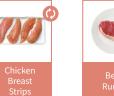


Slivered Almonds



Yoghurt

Parsley





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 \cdot Large frying pan

Ingredients

| U | | |
|-------------------------------|-----------------|---------------------------------------|
| | 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 |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| beef strips | 1 medium packet | 2 medium packets OR 1 large packet |
| slivered almonds | 1 packet | 2 packets |
| 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) | 2815kJ (672Cal) | 683kJ (163Cal) |
| Protein (g) | 42.7g | 10.4g |
| Fat, total (g) | 28.3g | 6.9g |
| - saturated (g) | 9.2g | 2.2g |
| Carbohydrate (g) | 60.5g | 14.7g |
| - sugars (g) | 19.2g | 4.7g |
| Sodium (mg) | 1132mg | 275mg |
| Dietary Fibre (g) | 7.7g | 1.9g |

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** and set aside uncovered.



Cook the beef

- Heat a large frying pan over medium-high heat. Toast **slivered almonds**, tossing, until golden, **2-3 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, in a medium bowl, combine **Aussie spice blend**, the remaining **garlic** and a drizzle of **olive oil**.
- 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 toasted almonds to serve. Enjoy!

We're here to help! Scan here if you have any questions or concerns 2024 | CW44



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SWAP TO CHICKEN BREAST STRIPS Follow method above, cooking for 3-4 minutes each side.

🚯 SWAP TO BEEF RUMP

Cook, turning, for 5-6 minutes for medium. Rest then slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

