



Quick Beef & Tabbouleh-Style Salad

with Couscous & Yoghurt

SUMMER SALADS

NEW

Grab your meal kit with this number

14



Cucumber



Tomato



Lemon



Parsley



Beef Strips



Chermoula Spice Blend



Couscous



Vegetable Stock Powder



Mixed Salad Leaves



Greek-Style Yoghurt



Beef Strips



Diced Bacon

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



Protein Rich



Calorie Smart

Take your taste buds on a trip to the Middle East with this colourful tabbouleh-style salad! Juicy, spiced beef meets a fresh, zesty salad that's bursting with herbs, tomatoes, and a hint of citrus. Topped with a dollop of creamy Greek-style yoghurt and a sprinkle of parsley, this vibrant, flavour-packed bowl will be too good to put down.

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
tomato	1	2
lemon	½	1
parsley	1 packet	1 packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2093kJ (482cal)	482kJ (111cal)
Protein (g)	39.7g	9.1g
Fat, total (g)	15.5g	3.6g
- saturated (g)	4.5g	1g
Carbohydrate (g)	45.4g	10.5g
- sugars (g)	9.8g	2.3g
Sodium (mg)	963mg	221.9mg
Dietary Fibre (g)	6.3g	1.5g

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](https://www.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 | CW49



1



Get prepped

- Boil the kettle.
- Slice **cucumber** into half-moons. Cut **tomato** into wedges. Slice **lemon** into wedges. Roughly chop **parsley**.
- **SPICY!** *This is a mild spice blend, but use less if you're sensitive to heat.* Discard any liquid from **beef strips** packaging. In a medium bowl, combine **chermoula spice blend**, **beef strips** and a drizzle of **olive oil**.
- In a medium heatproof bowl, add **couscous** and **vegetable stock powder**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with a fork and set aside.

3



Bring it all together

- To the bowl with the couscous, add **cucumber**, **tomato**, **mixed salad leaves**, **parsley**, a generous squeeze of **lemon juice** and a drizzle of **olive oil**. Toss to combine and season to taste.

2



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 the **honey** and toss to combine.

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

4



Serve up

- Divide tabbouleh-style salad between bowls.
- Top with Middle Eastern beef.
- Dollop over **Greek-style yoghurt**.
- Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



ADD DICED BACON

In a large frying pan, cook with a drizzle of olive oil until browned, 4-5 minutes. Sprinkle over before serving.

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

