

Greek-Style Beef Bowl

with Veggie-Loaded Couscous & Garlic Yoghurt

MEDITERRANEAN

Grab your meal kit with this number

35



Garlic



Couscous



Chicken-Style Stock Powder



Lemon



Tomato



Cucumber



Baby Leaves



Beef Strips



Garlic & Herb Seasoning



Greek-Style Yoghurt



Beef Strips



Chicken Breast

Prep in: 20-30 mins
Ready in: 40-50 mins

 Protein Rich

 Calorie Smart

Beef and veggies can get a little tiresome, but we bet with this new twist, everyone at the table will be wanting a second helping. With flavours of garlic, a cooling yoghurt dolloped on top of an array of veggies and couscous, it can be confirmed that beef and veggies are back in the good books!

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
garlic	2 cloves	4 cloves
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
lemon	½	1
tomato	1	2
cucumber	1 (medium)	1 (large)
baby leaves	1 medium packet	1 large packet
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
honey*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2060kJ (492Cal)	508kJ (121Cal)
Protein (g)	39.7g	9.8g
Fat, total (g)	15.2g	3.7g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	45.2g	11.1g
- sugars (g)	9.3g	2.3g
Sodium (mg)	957mg	236mg
Dietary Fibre (g)	5g	1.2g

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.

1



Cook the couscous

- Boil the kettle. Finely chop **garlic**.
- In a medium bowl, add **couscous** and **chicken-style 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.

4



Cook the beef

- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, then add the **honey**, tossing **beef** to coat.

2



Get prepped

- Meanwhile, zest **lemon** to get a pinch, then slice into wedges. Roughly chop **tomato**, **cucumber** and **baby leaves**.
- In a second medium bowl, combine **beef strips**, **garlic & herb seasoning** and a drizzle of **olive oil**. Season with **salt** and set aside.

5



Bring it all together

- Meanwhile, add **tomato**, **cucumber** and **baby leaves** to the couscous, along with **lemon zest**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Stir to combine. Season with **salt** and **pepper**.

3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste. Set aside.

6



Serve up

- Divide veggie-loaded couscous between bowls.
- Top with Greek-style beef.
- Dollop with garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut into 2cm chunks. Cook until cooked through, 4-6 minutes.

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

