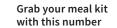
Greek-Style Beef Bowl with Veggie-Loaded Couscous & Garlic Yoghurt

MEDITERRANEAN













Chicken-Style Stock Powder









Baby Leaves

Beef Strips



Garlic & Herb Seasoning



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

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

9			
	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	1/2	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.



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.



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.



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.



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.



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.



Serve up

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







Follow method above, cooking in batches if necessary.



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.



We're here to help!