

# Glazed Chermoula Beef & Veggie Couscous

with Garlic Yoghurt

Grab your meal kit  
with this number

43



White Turnip



Carrot



Garlic



Couscous



Chicken-Style  
Stock Powder



Beef Strips



Chermoula Spice  
Blend



Greek-Style  
Yoghurt



Baby Leaves



Beef  
Strips



Chicken  
Breast

Prep in: 15-25 mins  
Ready in: 40-50 mins

 Protein Rich

 Calorie Smart

A sweet honey glaze on chermoula-spiced beef strips? We say yes please! Feast your eyes on this delectable dinner, with a colourful veggie-speckled couscous acting as a fluffy bed for all of that juicy, beefy goodness. All you need is a dollop of garlic yoghurt for a touch of tang!

### Pantry items

Olive Oil, Honey, White Wine Vinegar



## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
white turnip	1	2
carrot	1	2
garlic	2 cloves	4 cloves
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
<b>boiling water*</b>	¾ cup	1½ cups
beef strips	1 medium packet	2 medium packets OR 1 large packet
chermoula spice blend	½ medium sachet	1 medium sachet
Greek-style yoghurt	1 medium packet	1 large packet
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2107kJ (503Cal)	543kJ (129Cal)
Protein (g)	39.6g	10.2g
Fat, total (g)	15.1g	3.9g
- saturated (g)	4.5g	1.2g
Carbohydrate (g)	50.5g	13g
- sugars (g)	11.8g	3g
Sodium (mg)	870mg	224mg
Dietary Fibre (g)	6.3g	1.6g

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](http://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **white turnip** and **carrot** into bite-sized chunks. Finely chop **garlic**.
- Place **turnip** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat and roast until tender, **25-30 minutes**.

3



## Make the garlic yoghurt & cook the beef

- In a second medium bowl, combine **beef strips**, **chermoula spice blend** (**see ingredients**), a drizzle of **olive oil** and pinch of **salt** and **pepper**.
- When veggies have **5 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. 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.
- 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 the pan from heat, then add the **honey** and toss to combine. Transfer to a plate.

2



## Cook the couscous

- In a medium heatproof 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



## Finish & serve

- To the couscous, add roasted veggies, **baby leaves** and a drizzle of **white wine vinegar**. Toss to combine.
- Divide veggie couscous between bowls.
- Top with glazed chermoula beef (plus any resting juices!).
- Dollop with garlic yoghurt to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



### 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.

