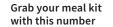


Sticky Moroccan Beef & Veggie Couscous with Baby Leaves & Yoghurt

TASTE OF MIDDLE EAST











Beef Strips



Chermoula Spice



Chicken-Style

Stock Powder

Blend



Couscous



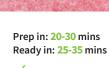




Baby Leaves







Calorie Smart





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 · Large frying pan

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
courgette	1	2	
garlic	2 cloves	4 cloves	
beef strips	1 medium packet	2 medium packets OR 1 large packet	
chermoula spice blend	1 medium sachet	1 large sachet	
butter*	20g	40g	
chicken-style stock powder	1 medium sachet	1 large sachet	
water*	¾ cup	1½ cups	
couscous	1 medium packet	1 large packet	
apricot sauce	1 medium packet	1 large packet	
baby leaves	1 small packet	1 medium packet	
white wine vinegar*	drizzle	drizzle	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2412kJ (576Cal)	540kJ (129Cal)
Protein (g)	46.6g	10.4g
Fat, total (g)	22.1g	5g
- saturated (g)	10.5g	2.4g
Carbohydrate (g)	55.1g	12.3g
- sugars (g)	15.2g	3.4g
Sodium (mg)	1101mg	247mg
Dietary Fibre (g)	7.7g	1.7g
Dietary Fibre (g)	1.1g	1.7g

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.



Get prepped

- Grate carrot. Thinly slice courgette into half-moons. Finely chop garlic.
- Discard any liquid from **beef strips** packaging.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat! In a
 medium bowl, combine beef strips, chermoula spice blend, a drizzle of
 olive oil and a pinch of salt.



Cook the beef

- Meanwhile, heat a large frying pan over 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.
- Remove pan from heat, then add apricot sauce and a splash of water, tossing to coat.

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



Make the couscous

- In a medium saucepan, heat a drizzle of olive oil and the butter over medium-high heat.
- Cook courgette until tender, 2-3 minutes. Add carrot and cook until softened, 2-3 minutes. Add garlic and cook until fragrant, 1 minute.
- Add chicken-style stock powder and the water, then bring to the boil. Add couscous, then stir to combine.
- Cover with a lid and remove from heat. Set aside until the water is absorbed,
 5 minutes. Fluff up with fork.



Finish & serve

- To the couscous, add **baby leaves** and a drizzle of **white wine vinegar** and olive oil. Generously season with salt and pepper and stir to combine.
- · Divide veggie couscous between bowls.
- Top with sticky Moroccan beef and a dollop of Greek-style yoghurt to serve. Enjoy!



