



Sticky Moroccan Beef & Veggie Couscous

with Baby Leaves & Yoghurt

TASTE OF MIDDLE EAST

Grab your meal kit with this number

1



Carrot



Courgette



Garlic



Beef Strips



Chermoula Spice Blend



Chicken-Style Stock Powder



Couscous



Apricot Sauce



Baby Leaves



Greek-Style Yoghurt



Beef Strips



Halloumi/Grill Cheese

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



Protein Rich



Calorie Smart

Prepare for a flavour adventure, where sweet apricot meets herbaceous and mildly spicy chermoula in a bold harmony that will dazzle your tastebuds! Tender beef takes on these flavours with ease, and is perfectly balanced with a colourful veggie couscous and a cooling dollop of yoghurt.

Pantry items

Olive Oil, Butter, 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

Medium saucepan with a lid • Large frying pan

Ingredients

	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

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!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS

+ DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

+ ADD HALLOUMI/GRILL CHEESE

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

