



# Herbed Honey & Sesame-Coated Beef

with Roast Veggie Israeli Couscous & Crumbly Cheese

Grab your Meal Kit with this symbol



Carrot



Beetroot



Red Onion



Garlic & Herb Seasoning



Israeli Couscous



Chicken-Style Stock Powder



Garlic



Dried Oregano



Beef Strips



Sesame Seeds



Baby Spinach Leaves



Greek Salad Cheese/ Feta Cheese



Beef Schnitzel

Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**

Calorie Smart

Cook succulent beef strips lightly coated in a sesame crumb for extra 'wow' factor. With honey, herbs, hearty Israeli couscous and roasted veggies, this dinner has the lot and is sure to leave you feeling satisfied with every delicious mouthful.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
beetroot	1	2
red onion	1 (medium)	1 (large)
garlic & herb seasoning	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
boiling water*	1¼ cups	2½ cups
chicken-style stock powder	1 sachet	1 sachet
garlic	(5g)	(10g)
garlic	2 cloves	4 cloves
dried oregano	1 sachet	1 sachet
beef strips	1 packet	1 packet
sesame seeds	1 sachet	1 sachet
honey*	1 ½ tbs	3 tbs
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek salad cheese/ feta cheese	½ packet (25g)	1 packet (50g)
beef schnitzel**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2630kJ (628Cal)	555kJ (132Cal)
Protein (g)	43g	9.1g
Fat, total (g)	19.2g	4.1g
- saturated (g)	5.8g	1.2g
Carbohydrate (g)	68.6g	14.5g
- sugars (g)	26.8g	5.7g
Sodium (mg)	1206mg	254mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2705kJ (646Cal)	556kJ (132Cal)
Protein (g)	49.6g	10.2g
Fat, total (g)	18.2g	3.7g
- saturated (g)	6.1g	1.3g
Carbohydrate (g)	68.6g	14.1g
- sugars (g)	26.8g	5.5g
Sodium (mg)	1337mg	275mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Boil the kettle. Cut the **carrot** and **beetroot** into small chunks. Cut the **red onion** into wedges. Place the **carrot, beetroot** and **onion** on a lined oven tray. Drizzle with **olive oil**, then season with the **garlic & herb seasoning, salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the beef strips

Return the empty frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, tossing, in batches until browned and cooked through, **1-2 minutes**. Reduce heat to medium and return **beef** to the pan, then add the **honey-sesame mixture** and cook, tossing until the beef is well coated and cooked through, **1 minute**.

### CUSTOM RECIPE

Heat frying pan as above. When oil is hot, cook beef until golden and cooked through, 2-3 minutes each side. Reduce heat to medium, then add honey-sesame mixture and cook, turning beef until well coated and cooked through, 1 minute. Transfer to a plate to rest.



## Cook the Israeli couscous

While the veggies are roasting, heat a large saucepan or deep frying pan over a medium-high heat with a drizzle of **olive oil**. Toast the **Israeli couscous**, stirring occasionally, until golden, **1-2 minutes**. Add the **boiling water** (1 1/4 cups for 2 people / 2 1/2 cups for 4 people), then add the **chicken-style stock powder**. Bring to the boil, then simmer, uncovered, until tender, **10-12 minutes**. Drain and return to the pan with a drizzle of **olive oil**.



## Bring it all together

Add the **roasted veggies** and **baby spinach leaves** to the **couscous**. Toss to coat and season to taste.



## Get prepped

While the couscous is cooking, finely chop the **garlic**. In a medium bowl, combine the **garlic, dried oregano** and a drizzle of **olive oil**. Season, then add the **beef strips** and toss to coat. Set aside. Heat a large frying pan over a medium-high heat. Toast the **sesame seeds**, tossing, until golden, **3-4 minutes**. Transfer to a small bowl, then add the **honey** and stir to combine. Set aside.

### CUSTOM RECIPE

Separate beef schnitzels (they may be stuck together), then combine beef with seasoning as above. Continue with step.



## Serve up

Divide the roast veggie Israeli couscous between bowls. Top with the herbed honey and sesame-coated beef. Spoon over any excess glaze from the pan. Crumble over the **cheese** (see ingredients) to serve.

### CUSTOM RECIPE

Slice beef schnitzel to serve.

## Enjoy!