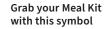


Mediterranean-Style Beef Bowl with Couscous, Mint & Ocean Spray Craisins











Stock Powder



Ocean Spray



Craisins





Green Beans



Garlic & Herb



Seasoning

Tomato Paste







Baby Spinach

Greek Salad Cheese/ Feta Cheese



Yoghurt

Pantry items

Olive Oil, White Wine Vinegar

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

Large frying pan

Ingredients

	0 DI-	4 De suela
	2 People	4 People
olive oil*	refer to method	refer to method
couscous	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
boiling water*	¾ cup	1½ cups
Ocean Spray craisins	1 packet	2 packets
cucumber	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
beef mince	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
tomato paste	1 packet	2 packets
water*	1/4 cup	½ cup
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
Greek-style yoghurt	1 medium packet	1 large packet
mint	1 bag	1 bag

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3105kJ (742Cal)	704kJ (168Cal)
Protein (g)	45.7g	10.4g
Fat, total (g)	28.1g	6.4g
- saturated (g)	15.7g	3.6g
Carbohydrate (g)	62.2g	14.1g
- sugars (g)	22.3g	5.1g
Sodium (mg)	1427mg	324mg
Souluin (mg)	142/111g	324111g

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.



Make the couscous

- · Boil the kettle.
- Place couscous and chicken-style stock powder in a medium bowl.
- Add the **boiling water** (3/4 cup for 2 people / 1 1/2 cups for 4 people) and stir to combine. Immediately cover with a plate and set aside for **5 minutes**.
- Fluff up with a fork, then stir through **Ocean Spray craisins**.



Get prepped

• Meanwhile, roughly chop **cucumber**. Trim and halve **green beans**.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over a high heat.
- Cook green beans and beef mince, breaking up with a spoon, until just browned, 3-4 minutes.
- Reduce heat to medium, then add garlic & herb seasoning, tomato paste and the water and cook, stirring, until reduced, 1-2 minutes. Set aside.



Serve up

- Add baby spinach leaves, cucumber and a drizzle of olive oil and white wine vinegar to cooked couscous. Stir to combine and season to taste.
- Divide couscous between bowls and top with Mediterranean-style beef.
- Crumble with cheese and spoon over Greek-style yoghurt.
- Garnish with torn **mint** leaves to serve.

Enjoy!