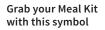


Easy Middle Eastern Beef & Mint Sauce with Veggie Brown Rice & Yoghurt

NEW

DIETITIAN APPROVED









White Turnip





Carrot







Chicken-Style Stock Powder





Beef Strips

Baby Spinach

Leaves

Mint Sauce

Greek-Style Yoghurt



Prep in: 15-20 mins Ready in: 40-50 mins



Calorie Smart

Mint has to take first prize for being the most refreshing herb in town and there's no disputing that when it's glazed as a sauce over chermoula seasoned beef strips. It really will take your breath away.

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

You will need

 $\label{eq:medium} \mbox{Medium saucepan} \cdot \mbox{Oven tray lined with baking paper} \cdot \\ \mbox{Large frying pan}$

Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown rice	1 packet	2 packets	
white turnip	1	2	
carrot	1	2	
beef strips	1 packet	1 packet (or 2 packets)	
chermoula spice blend	½ sachet	1 sachet	
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)	
baby spinach leaves	1 medium bag	1 large bag	
white wine vinegar*	drizzle	drizzle	
mint sauce	1 packet (40g)	1 packet (80g)	
Greek-style yoghurt	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2409kJ (575Cal)	550kJ (131Cal)
Protein (g)	39.4g	9g
Fat, total (g)	18.1g	4.1g
- saturated (g)	5.8g	1.3g
Carbohydrate (g)	64.4g	14.7g
- sugars (g)	12.2g	2.8g
Sodium (mg)	921mg	210mg

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.



Cook the brown rice

- Half-fill a medium saucepan with water. Add brown rice and a generous pinch of salt.
- Bring to the boil over high heat and cook, uncovered, until tender,
 25-30 minutes.
- Drain rice, then return to the saucepan. Set aside.



Roast the veggies

- Meanwhile, cut white turnip and carrot into bite-sized chunks.
- Place veggies on a lined oven tray. Drizzle with olive oil and season with salt. Toss to coat and roast until tender, 25-30 minutes.



Cook the beef strips

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



Serve up

- To the brown rice, add chicken-style stock powder, roasted veggies, baby spinach leaves and a drizzle of white wine vinegar. Toss to combine.
- Divide roast veggie brown rice between bowls. Top with Middle Eastern beef (plus any resting juices!).
- Dollop with **mint sauce** and drizzle over **Greek-style yoghurt** to serve. Enjoy!

Rate your recipe

