



Easy Middle Eastern Beef & Mint Sauce

with Veggie Brown Rice & Yoghurt

NEW

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Brown Rice



White Turnip



Carrot



Chermoula Spice Blend



Chicken-Style Stock Powder



Baby Spinach Leaves



Mint Sauce



Beef Strips



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 veggies a wash.

You will need

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

Ingredients

	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](https://www.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.



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.



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**.



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!

We're here to help!

Scan here if you have any questions or concerns

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