



Moroccan Honey Beef & Veggie Couscous

with Yoghurt, Cherry Tomatoes & Roasted Almonds

Grab your Meal Kit with this symbol



Beetroot



Carrot



Parsnip



Couscous



Chicken-Style Stock Powder



Beef Strips



Chermoula Spice Blend



Roasted Almonds



Greek-Style Yoghurt



Cherry Tomatoes

Prep in: **15-25** mins
Ready in: **35-45** mins

Everything tastes amazing when glazed in honey and those chermoula beef strips are already too good to resist. A fluffy couscous with roast veggies seems like the perfect match up to round out this dish.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
parsnip	1	2
couscous	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
boiling water*	¾ cup	1½ cups
beef strips	1 packet	1 packet (or 2 packets)
chermoula spice blend	1 sachet	1 sachet
honey*	½ tbs	1 tbs
roasted almonds	1 packet	2 packets
cherry tomatoes	1 punnet	1 punnet
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)	2793kJ (668Cal)	496kJ (119Cal)
Protein (g)	45.3g	8g
Fat, total (g)	20.6g	3.7g
- saturated (g)	5.5g	1g
Carbohydrate (g)	75.5g	13.4g
- sugars (g)	29.6g	5.3g
Sodium (mg)	1138mg	202mg

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Cut **beetroot** into small chunks. Cut **carrot** and **parsnip** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, return all **beef** to the pan, then add the **honey** and a splash of **water**. Toss beef to coat.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

2



Make the couscous

- When the veggies have **10 minutes** remaining, boil the kettle.
- Place **couscous** and **chicken-style stock powder** in a large heatproof bowl.
- Add the **boiling water (¾ cup for 2 people / 1 1/2 cups for 4 people)** and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.
- Meanwhile, discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **beef strips**, **chermoula spice blend**, a drizzle of **olive oil** and a pinch of **salt**.

4



Serve up

- Roughly chop **roasted almonds**. Halve **cherry tomatoes**.
- To the couscous, add roasted veggies, cherry tomatoes and a drizzle of **vinegar** and olive oil. Season with salt and pepper and stir to combine.
- Divide veggie and cherry tomato couscous between bowls.
- Top with Moroccan honey beef and **Greek-style yoghurt**.
- Garnish with almonds to serve. Enjoy!

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