



Quick Spiced Beef & Carrot Couscous Salad

with Crumbly Cheese & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Carrot



Brown Onion



Tomato



Flaked Almonds



Chicken-Style Stock Powder



Couscous



Beef Strips



Aussie Spice Blend



Baby Spinach Leaves



Creamy Pesto Dressing



Greek Salad Cheese/
Feta Cheese

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

How satisfying are juicy beef strips on a bed of fluffy carrot couscous? You'll have to make this delectable fusion dish to find out! We've added a cooling creamy pesto dressing and a smattering of crumbly cheese to top it off. Simply delicious.

Pantry items

Olive Oil, Butter, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
brown onion	1 (medium)	1 (large)
tomato	1	2
flaked almonds	1 packet	2 packets
butter*	20g	40g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
beef strips	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2815kJ (673Cal)	705kJ (168Cal)
Protein (g)	43.9g	11g
Fat, total (g)	34g	8.5g
- saturated (g)	13.3g	3.3g
Carbohydrate (g)	46.7g	11.7g
- sugars (g)	7.2g	1.8g
Sodium (mg)	1544mg	387mg

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.



Get prepped

- Grate **carrot** (see ingredients). Thinly slice **brown onion**. Roughly chop **tomato**.
- Heat a large frying pan over a medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Cook the beef

- In a medium bowl, combine **beef strips**, **Aussie spice blend** and a drizzle of **olive oil**.
- Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook **beef strips** in batches until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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



Make the couscous

- In a medium saucepan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Cook **carrot** and **onion**, stirring, until softened, **3-5 minutes**.
- Add the **water** and **chicken-style stock powder** and bring to the boil. Add **couscous** and stir to combine.
- Cover with a lid and remove from the heat. Set aside until water has absorbed, **5 minutes**. Fluff up with a fork.



Serve up

- Add **tomato**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil** to the couscous. Stir to combine and season to taste.
- Divide carrot couscous salad between bowls. Top with spiced beef and **creamy pesto dressing**.
- Crumble over **cheese** and garnish with almonds to serve.

Enjoy!