

Peri-Peri Beef Rump & Warm Couscous Salad

with Garlic Sauce & Chilli Flakes

NEW

Grab your Meal Kit with this symbol



Tomato



Cucumber



Beef Rump



Peri-Peri Seasoning



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Golden Goddess Dressing



Garlic Sauce



Chilli Flakes (Optional)



Haloumi

Prep in: **10-20 mins**
Ready in: **20-30 mins**



Calorie Smart*

*Custom recipe is not Calorie Smart

Sometimes only a big bowl of our favourite couscous will do! The grain so nice that they named it twice, will provide the best base for peri-peri seasoned beef rump. With veggies aplenty and garlic sauce, you're sure to have some major smiles on your dial.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Honey

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
cucumber	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
peri-peri seasoning	1 sachet	2 sachets
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
honey*	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
golden goddess dressing	1 packet	2 packets
garlic sauce	1 medium packet	2 medium packets
chilli flakes (optional) 🌶️	1 pinch	1 pinch
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2145kJ (513Cal)	528kJ (126Cal)
Protein (g)	39.8g	9.8g
Fat, total (g)	17.5g	4.3g
- saturated (g)	2.7g	0.7g
Carbohydrate (g)	47.2g	11.6g
- sugars (g)	9.7g	2.4g
Sodium (mg)	1371mg	338mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3297kJ (788Cal)	665kJ (159Cal)
Protein (g)	56.9g	11.5g
Fat, total (g)	40.3g	8.1g
- saturated (g)	17.1g	3.4g
Carbohydrate (g)	48.4g	9.8g
- sugars (g)	10.7g	2.2g
Sodium (mg)	2406mg	485mg

The quantities provided above are averages only.

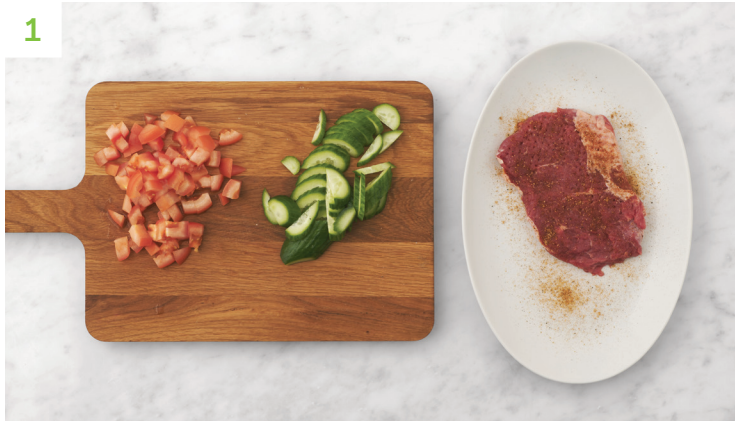
Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



Get prepped

- Boil the kettle.
- Roughly chop **tomato**. Thinly slice **cucumber** into half-moons.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine **beef**, **peri-peri seasoning** and a drizzle of **olive oil**.

TIP: If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

Custom Recipe: If you've added haloumi, place haloumi in a medium bowl and cover with water to soak.



Cook the beef

- While the couscous is sitting, in a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- Remove from the heat, then add the **honey** and turn **beef** to coat. Transfer to a plate to rest.

Custom Recipe: While the beef is cooking, drain haloumi and pat dry. Cut haloumi into 1cm-thick slices. While the beef is resting, return frying pan to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate.



Make the couscous

- To a large bowl, add **couscous** and **chicken-style stock powder**.
- Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**.
- Fluff up with fork and set aside.



Serve up

- To the bowl with couscous, add tomato, cucumber, **baby spinach leaves**, and **golden goddess dressing**. Toss to combine and season to taste.
- Slice beef.
- Divide warm couscous salad between bowls.
- Top with peri-peri beef rump and **garlic sauce**. Spoon over any remaining pan sauce.
- Sprinkle with a pinch of **chilli flakes** (if using) to serve. Enjoy!

Rate your recipe

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