

# 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
<b>olive oil*</b>	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
<b>boiling water*</b>	¾ cup	1½ cups
<b>honey*</b>	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.

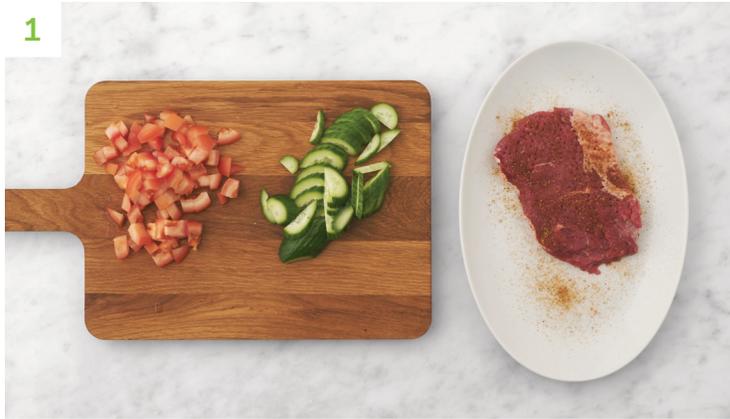
## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)