



Chermoula Beef & Brown Rice Bowl

with Spiced Veggies, Tomato-Mint Salsa & Garlic Sauce

FAMILY FAVOURITE

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Red Onion



Brown Rice



Cauliflower



Carrot



Ras El Hanout



Chermoula Spice Blend



Beef Strips



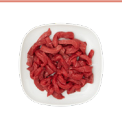
Tomato



Mint

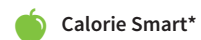


Garlic Sauce



Beef Strips

Prep in: 25-35 mins
Ready in: 30-40 mins



*Custom recipe is not Calorie Smart or Dietitian Approved

From the hints of cumin and paprika in the tender beef strips, to the nuttiness and chew of the brown rice and the sweet and veggies, this nourishing Middle Eastern-inspired dish is a symphony of flavours and textures. Add the finishing touches with a bright salsa and a dollop of garlic sauce.

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

Pantry items

Olive Oil

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

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
brown rice	1 medium packet	1 large packet
water*	3 cups	6 cups
cauliflower	1 medium portion	1 large portion
carrot	1	2
ras el hanout	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
mint	1 packet	1 packet
garlic sauce	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2504kJ (598Cal)	476kJ (114Cal)
Protein (g)	39.9g	7.6g
Fat, total (g)	19.5g	3.7g
- saturated (g)	4.5g	0.9g
Carbohydrate (g)	63.4g	12.1g
- sugars (g)	15.3g	2.9g
Sodium (mg)	853mg	162mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	505kJ (121Cal)
Protein (g)	69.3g	10.7g
Fat, total (g)	27.1g	4.2g
- saturated (g)	7.8g	1.2g
Carbohydrate (g)	63.4g	9.7g
- sugars (g)	15.3g	2.4g
Sodium (mg)	916mg	141mg

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



Cook the brown rice

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **red onion**.
- In a medium saucepan, add **brown rice** and the **water**, then bring to the boil over high heat.
- Reduce heat to medium, then simmer, uncovered, until tender, **25-30 minutes**. Drain **rice** and set aside.
- Return saucepan to medium-high heat with a drizzle of **oil**. Cook **onion** with a splash of **water**, stirring regularly, until softened, **6-7 minutes**.
- Remove pan from heat, return drained **rice** and stir to coat. Cover to keep warm.



Make the salsa

- In a small bowl, add **tomato** and **mint**.
- Drizzle with **olive oil**. Season, then toss to combine.



Roast the veggies

- While rice is cooking, cut **cauliflower** (including the stalk!) into small florets.
- Cut **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **ras el hanout** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **beef**, in batches, tossing, until browned and cooked through, **1-2 minutes**.

TIP: Cooking the beef in batches over high heat helps it stay tender!

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Cook beef in batches for the best results.



Get prepped

- Meanwhile, combine **chermoula spice blend** and a drizzle of **olive oil** in a medium bowl. Season with **salt** and **pepper**. Add **beef strips**, tossing to coat. Set aside.
- Finely chop **tomato**.
- Pick and thinly slice **mint** leaves.

Custom Recipe: If you've doubled your beef strips, season beef as above.



Serve up

- Divide brown rice between bowls.
- Top with chermoula-spiced beef, spiced veggies and tomato-mint salsa.
- Dollop over **garlic sauce** to serve. Enjoy!

Rate your recipe

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