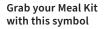


Quick Beef & Roast Veggie Couscous with Herby Dressing & Flaked Almonds

















Chicken Stock



Powder



Dill & Parsley Mayonnaise



Beef Strips



Baby Spinach

Aussie Spice Blend



Flaked Almonds

Pantry items Olive Oil

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

Oven tray lined with baking paper \cdot Medium saucepan \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
cauliflower	1 portion	1 portion
capsicum	1	2
red onion	1	2
water* (for the couscous)	³⁄₄ cup	1½ cup
chicken stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
water* (for the sauce)	2 tsp	1 tbs
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef strips	1 small packet	1 medium packet
Aussie spice blend	1 sachet	2 sachets
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

Nutrition

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Avg Qty	Per Serving	Per 100g	
Energy (kJ)	2885kJ (689Cal)	451kJ (107Cal)	
Protein (g)	47.8g	7.5g	
Fat, total (g)	27.8g	4.3g	
- saturated (g)	3.4g	0.5g	
Carbohydrate (g)	58.1g	9.1g	
- sugars (g)	22.1g	3.5g	
Sodium (mg)	1113mg	174mg	

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.



Roast the veggies

Preheat the oven to 240°C/220°C fan-forced.
Cut the carrot into 1cm half-moons. Chop the cauliflower (including the stalk!) into small florets.
Thinly slice the capsicum into strips. Cut the red onion into thick wedges. Place the veggies on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until tender, 20-25 minutes.

TIP: If the veggies don't fit in a single layer, divide between two trays!



Cook the couscous

While the veggies are roasting, combine the water (for the couscous) and the chicken stock powder and bring to the boil in a medium saucepan. Add the couscous and stir to combine. Cover with a lid and remove from the heat. Set aside until all the water is absorbed, 5 minutes. Fluff up with a fork.



Make the toppings

While the couscous is cooking, combine the **dill** & parsley mayonnaise and water (for the sauce) in a small bowl. Roughly chop the **baby** spinach leaves.



Cook the beef

In medium bowl, combine the **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**. Cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**.

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



Finish the couscous

Add the **roast veggies** and **spinach** to the **couscous**. Gently toss to combine. Season to taste.

TIP: Add everything to the couscous pan to save washing up a bowl!



Serve up

Divide the roast veggie couscous between bowls. Top with the Aussie beef strips and any resting juices. Drizzle with the dill and parsley dressing. Sprinkle with the **flaked almonds** to serve.

Enjoy!