



Quick Beef & Roast Veggie Couscous

with Herby Dressing & Flaked Almonds

Grab your Meal Kit with this symbol



Carrot



Cauliflower



Capsicum



Red Onion



Chicken Stock Powder



Couscous



Dill & Parsley Mayonnaise



Baby Spinach Leaves



Beef Strips



Aussie Spice Blend



Flaked Almonds

Hands-on: 15-25 mins
Ready in: 25-35 mins

We've crammed tons and tons of flavour into this colourful bowl of deliciousness. From the spiced beef to the herby dressing, the flavours in this number are sure to take your tastebuds to their happy place!

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 · Medium saucepan · Large frying pan

Ingredients

	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)	¾ 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

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.

1



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!

4



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.

2



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.

5



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!

3



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**.

6



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!