



Easy Middle Eastern Beef & Bulgur Bowl

with Roast Root Veggies & Mint Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Carrot



Bulgur Wheat



Vegetable Stock Powder



Baby Spinach Leaves



Mint



Ras El Hanout

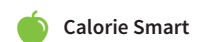


Greek-Style Yoghurt



Beef Strips

Prep in: **15-25 mins**
Ready in: **30-40 mins**



Dietitian Approved

This weeknight-friendly recipe comes together with minimal prep, yet yields maximum flavour. The 'secret' is a handful of shortcut ingredients, like ready-to-cook beef strips, flavoured with our ras el hanout spice blend. Hardier than couscous, the bulgur wheat provides the perfect amount of chew, and stands up well to the sweet and earthy root veg.

Pantry items

Olive Oil, White Wine Vinegar
Honey

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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
bulgur wheat	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
water*	1¼ cups	2½ cups
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
ras el hanout	1 medium sachet	1 large sachet
honey*	2 tsp	1 tbs

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2271kJ (543Cal)	503kJ (120Cal)
Protein (g)	41.3g	9.1g
Fat, total (g)	15.1g	3.3g
- saturated (g)	5g	1.1g
Carbohydrate (g)	57.7g	12.8g
- sugars (g)	22.5g	5g
Sodium (mg)	795mg	176mg

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 oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into small chunks. Cut **carrot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

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

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Prep the yoghurt & cook the beef

- While the bulgur is cooking, roughly chop **mint** leaves. In a small bowl, combine **Greek-style yoghurt** and **mint**. Season to taste. Set aside.
- In a medium bowl, combine **beef strips**, **ras el hanout**, the **honey**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- When the roast veggies have **5 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Remove from heat.

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

2



Cook the bulgur & add the veggies

- Meanwhile, heat a medium saucepan over medium-high heat. Add **bulgur wheat**, **vegetable stock powder** and the **water**. Stir to combine, then bring to the boil. Cover with a lid and reduce heat to low. Cook for **10 minutes**, then remove pan from heat and keep covered until bulgur is tender and water is absorbed, **10-12 minutes**.
- When the **bulgur** is ready, stir through the roast **veggies**, **baby spinach leaves** and a drizzle of **white wine vinegar**. Season to taste. Toss to combine.

TIP: The bulgur will finish cooking in its own steam, so don't peek!

4



Serve up

- Divide bulgur and roast root veggies between bowls. Top with Middle Eastern beef, spooning over any juices from the pan.
- Serve with a dollop of mint yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW31



Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate