



Middle Eastern Beef & Carrot Couscous

with Tahini Drizzle & Tomato Salsa

Grab your Meal Kit with this symbol



Garlic



Carrot



Tomato



Mint



Beef Stock



Couscous



Baby Spinach Leaves



Tahini



Beef Strips



Chermoula Spice Blend

Hands-on: **20-30** mins
Ready in: **30-40** mins

Low Calorie

How satisfying are juicy beef strips on a bed of fluffy carrot couscous? You'll have to make this delectable Middle Eastern dish to find out! We've added cooling salsa and creamy tahini to top it off. Simply delicious.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
carrot	1	2
tomato	1	2
mint	1 bunch	1 bunch
butter*	20g	40g
water* (for the couscous)	¾ cup	1½ cups
beef stock	1 cube	2 cubes
couscous	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	1 tsp	2 tsp
tahini	½ tub (50g)	1 tub (100g)
water* (for the dressing)	1 tsp	2 tsp
beef strips	1 packet	1 packet
chermoula spice blend	1 sachet	2 sachets

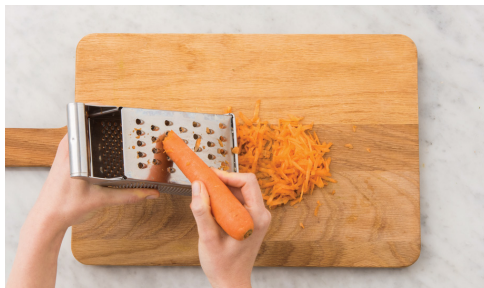
*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2305kJ (550Cal)	587kJ (140Cal)
Protein (g)	49.2g	12.5g
Fat, total (g)	16.7g	4.3g
- saturated (g)	10g	2.5g
Carbohydrate (g)	46.2g	11.8g
- sugars (g)	9.9g	2.5g
Sodium (mg)	1050mg	267mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Prep the veggies

Finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Finely chop the **tomato**. Pick and thinly slice the **mint** leaves.



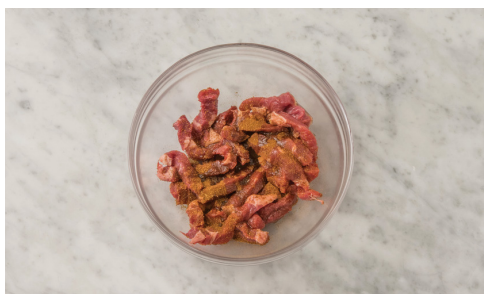
2. Make the carrot couscous

Heat a medium saucepan over a medium-high heat. Melt the **butter**. Add the **carrot** and cook until softened, **2 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **water (for the couscous)** and the crumbled **beef stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Stir through the **baby spinach leaves**.



3. Assemble the salsa

While the **couscous** is cooking, combine the **tomato**, **1/2 the mint**, the **white wine vinegar** and a **drizzle of olive oil** in a small bowl. Add a **pinch of salt** and **pepper**. Stir to combine and set aside. In a medium bowl, combine the **tahini (see ingredients list)** and **water (for the dressing)**. Set aside.



4. Flavour the beef

In a large bowl, combine the **beef strips**, **chermoula spice blend** and a **drizzle of olive oil**.



5. Cook the beef

Heat a large frying pan to a high heat with a **drizzle of olive oil**. Add the **beef strips** in batches, tossing, until browned, **2 minutes**. Season with a **pinch of salt** and **pepper**.



6. Serve up

Divide the carrot couscous between bowls and top with the Middle Eastern beef and salsa. Drizzle over the tahini to serve.

Enjoy!