







# Pesto Beef Strips & Roast Veggie Couscous

with Fetta & Flaked Almonds

Grab your Meal Kit with this symbol 



-   
Carrot
-   
Zucchini
-   
Red Onion
-   
Garlic
-   
Baby Spinach Leaves
-   
Garlic & Herb Seasoning
-   
Beef Strips
-   
Flaked Almonds
-   
Vegetable Stock
-   
Couscous
-   
Basil Pesto
-   
Fetta
-   
Parsley

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

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

**Pantry items**  
Olive Oil, 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

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

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
zucchini	1	2
red onion	1	2
garlic	1 clove	2 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic & herb seasoning	1 sachet	2 sachets
beef strips	1 packet	1 packet
flaked almonds	1 packet	2 packets
water*	¾ cup	1½ cup
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
basil pesto	1 packet (50g)	1 packet (100g)
fetta	1 block (25g)	1 block (50g)
parsley	1 bag	1 bag

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2250kJ (537Cal)	353kJ (84Cal)
Protein (g)	49.3g	7.7g
Fat, total (g)	8.7g	1.4g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	58.4g	9.2g
- sugars (g)	21.9g	3.4g
Sodium (mg)	978mg	153mg

### 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. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **zucchini** into 2cm chunks. Cut the **red onion** into 2cm wedges. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Cook the beef

While the couscous is cooking, return the frying pan to a high heat with a **drizzle** of **olive oil**. Add **1/2** the **beef strips** and cook until browned, **1-2 minutes**. Transfer to a medium bowl. Repeat with the **remaining beef strips**.

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



## 2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **garlic & herb seasoning**, **garlic**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the **beef strips** and toss to coat. Heat a medium frying pan over medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



## 5. Bring it all together

Add the **roast veggies**, **spinach**, a **pinch** of **salt** and **pepper**, a **drizzle** of **olive oil** and **white wine vinegar** to the **couscous**. Toss to combine.



## 3. Cook the couscous

In a medium saucepan, combine the water and crumbled **vegetable 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, then place a lid on the saucepan and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



## 6. Serve up

Roughly chop the **parsley** leaves. Divide the roast veggie couscous between bowls. Top with the beef strips and spoon over any resting juices. Dollop over the **basil pesto** and crumble over the **fetta**. Garnish with flaked almonds and parsley to serve.

**TIP:** For the low-calorie option, omit the fetta and flaked almonds.

Enjoy!