



# Garlic-Herb Beef & Crumbly Cheese

with Roast Veggie Couscous & Romesco Sauce

Grab your Meal Kit with this symbol



Carrot



Courgette



Red Onion



Baby Spinach Leaves



Garlic & Herb Seasoning



Beef Strips



Flaked Almonds



Vegetable Stock Powder



Couscous



Romesco Sauce



Greek Salad Cheese/  
Feta Cheese

Hands-on: **15-25 mins**  
 Ready in: **30-40 mins**

Calorie Smart

Quickly cooked beef strips meld together wonderfully with smokey romesco sauce in this Spanish-inspired dish. Make it a meal with fluffy couscous and crumbly cheese, and now you've got yourself a fusion of textures and flavours you simply can't resist!

### 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 · Large frying pan · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic & herb seasoning	1 sachet	1 sachet
beef strips	1 packet	1 packet
flaked almonds	1 packet	2 packets
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
white wine vinegar*	drizzle	drizzle
romesco sauce	1 packet (70g)	1 packet (140g)
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2489kJ (595Cal)	467kJ (112Cal)
Protein (g)	50g	9.4g
Fat, total (g)	19.7g	3.7g
- saturated (g)	5.9g	1.1g
Carbohydrate (g)	58.7g	11g
- sugars (g)	14.7g	2.8g
Sodium (mg)	1402mg	263mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW44

1



## Roast the veggies & get prepped

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **courgette** into bite-sized chunks. Slice **red onion** into thick wedges.
- Place **veggies** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, roughly chop **baby spinach leaves**.
- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**, then season. Add **beef strips** and toss to coat. Set aside.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.

3



## Cook the beef

- When veggies have **5 minutes** cook time remaining, return the frying pan to a high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips**, tossing, until browned, **1-2 minutes**. Transfer to a plate.

**TIP:** Cook the meat in batches if your pan is crowded.

2



## Cook the couscous

- In a medium saucepan, add the **water** and **vegetable stock powder** and bring to the boil over a medium-high heat.
- Add **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.
- Fluff up with a fork.

4



## Serve up

- Add roasted veggies, baby spinach and a drizzle of olive oil and **white wine vinegar** to the couscous. Toss to combine.
- Divide roast veggie couscous between bowls. Top with garlic-herb beef strips and spoon over any resting juices.
- Top with **romesco sauce** and crumble over **cheese**.
- Garnish with toasted almonds to serve.

Enjoy!