



Herb-Spiced Beef & Jewelled Couscous

with Lemon Yoghurt & Toasted Almonds

Grab your Meal Kit with this symbol



Lemon



Carrot



Garlic



Green Beans



Baby Spinach Leaves



Greek-Style Yoghurt



Chicken-Style Stock Powder



Couscous



Currants



Flaked Almonds



Garlic & Herb Seasoning



Beef Strips

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

Calorie Smart

Couscous – the grain so nice they named it twice! Here we’ve added sweet currants and nutty almonds for a pop of flavour, and topped the whole thing off with mildly spiced beef strips and greens. Don’t forget the generous dollop of cooling yoghurt to bring the meal together.

Pantry items

Olive Oil, Butter

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
lemon	½	1
carrot	1	2
garlic	3 cloves	6 cloves
green beans	1 bag (100g)	1 bag (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
Greek-style yoghurt	1 medium packet	1 large packet
butter*	15g	30g
water*	¾ cup	1½ cups
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
couscous	1 packet	1 packet
currants	1 packet	1 packet
flaked almonds	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
beef strips	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2570kJ (614Cal)	578kJ (138Cal)
Protein (g)	46.9g	10.5g
Fat, total (g)	19.6g	4.4g
- saturated (g)	7.3g	1.6g
Carbohydrate (g)	63.1g	14.2g
- sugars (g)	19.6g	4.4g
Sodium (mg)	1082mg	243mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Zest the **lemon** to get a pinch, then slice into wedges. Grate the **carrot**. Finely chop the **garlic**. Trim and halve the **green beans**. Roughly chop the **baby spinach leaves**. In a small bowl, combine the **Greek-style yoghurt** with a generous squeeze of **lemon juice**. Set aside.



Cook the green beans

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** with a splash of **water**, tossing, until just tender, **3-4 minutes**. Transfer to a plate.



Make the couscous

Heat a medium saucepan over a medium-high heat with the **butter** and a drizzle of **olive oil**. Cook the **carrot** and 1/2 the **garlic**, stirring, until softened, **2-3 minutes**. Add the **water** and **chicken-style stock powder**, then bring to the boil. Add the **couscous**, stir to combine, then cover with a lid and remove from the heat. Set aside until the water has absorbed, **5 minutes**. Fluff up with a fork, then stir through the **lemon zest**, **baby spinach** and **currants**. Season to taste and set aside.



Cook the beef

While the green beans are cooking, combine a drizzle of **olive oil**, the **garlic & herb seasoning** and the remaining **garlic** in a medium bowl. Add the **beef strips** and toss to coat. Return the empty frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips**, in batches, tossing, until browned and cooked through, **1-2 minutes**. Return the **green beans** to the pan and toss until warmed through, **1 minute**. Season to taste.



Toast the almonds

While the couscous is cooking, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Serve up

Divide the jewelled couscous between plates. Top with the spiced beef and green beans. Dollop with the lemon yoghurt. Garnish with the toasted almonds. Serve with any remaining lemon wedges.

Enjoy!