



# Easy Seared Beef Bowl

with Roast Veggie-Couscous Toss & Almonds

Grab your Meal Kit with this symbol



Chopped Veggie Mix



Nan's Special Seasoning



Beef Strips



Couscous



Chicken-Style Stock Powder



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Flaked Almonds



Beef Rump

Hands-on: 10-20 mins  
Ready in: 25-35 mins

Calorie Smart

You can always count on Nan's special seasoning to jazz up whatever protein you're having. With hints of paprika, pepper, onion and garlic, it works a treat with tender beef strips. Serve on a bed of fluffy couscous and colourful veg and you have yourself a dinner that's surprisingly simple *and* low cal!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil

## 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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped veggie mix	1 medium bag	1 large bag
Nan's special seasoning	1 sachet	2 sachets
beef strips	1 small packet	1 medium packet
couscous	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cups
baby spinach leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2336kJ (558Cal)	666kJ (159Cal)
Protein (g)	43.5g	12.4g
Fat, total (g)	22.6g	6.4g
- saturated (g)	2.6g	0.7g
Carbohydrate (g)	43.6g	12.4g
- sugars (g)	8.7g	12.4g
Sodium (mg)	902mg	257mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2341kJ (560Cal)	623kJ (149Cal)
Protein (g)	40.1g	10.7g
Fat, total (g)	24.3g	6.5g
- saturated (g)	3.3g	0.9g
Carbohydrate (g)	43.6g	11.6g
- sugars (g)	8.7g	11.6g
Sodium (mg)	929mg	247mg

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](https://hellofresh.com.au/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.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Place **chopped veggie mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

3



## Cook the beef

- When the roast veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat.
- Cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

### CUSTOM RECIPE

Prepare pan as above. When oil is hot, cook beef rump, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



## Get prepped

- Meanwhile, combine **Nan's special seasoning** and a drizzle of **olive oil** in a medium bowl. Add **beef strips**, tossing to coat. Set aside.
- In a large bowl, combine **couscous**, **chicken-style stock powder** and the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people). Cover with a plate for 5 minutes. Fluff up with a fork.

### CUSTOM RECIPE

If you've upgraded to beef rump, place it between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Add beef to bowl with seasoning, as above, turning to coat. Continue with step.

**TIP:** *Pounding the beef ensures that it's extra tender once cooked.*

4



## Serve up

- Gently stir **baby spinach leaves** and roast veggies through couscous. Season to taste.
- Divide roast veggie-couscous toss between bowls. Top with Nan's seared beef and a dollop of **dill & parsley mayonnaise**. Sprinkle with **flaked almonds** to serve.

### CUSTOM RECIPE

Slice beef rump, then serve up as above.

Enjoy!