



# Ras El Hanout Beef & Couscous

with Cucumber Salad & Aioli Dressing

Grab your Meal Kit with this symbol



Couscous



Beef Strips



Ras El Hanout



Tomato



Cucumber



Baby Spinach Leaves



Mint



Garlic Aioli

- Hands-on: 10 mins
- Ready in: 15 mins
- Calorie Smart

Lunch in less than 15 minutes? We've got you covered with lightly spiced beef plated up with couscous and a garlic aioli dressing to bring you a meal full of flavour! Perfect to prep and take anywhere, or be made on the spot for an instant lunch!

### Pantry items

Olive Oil, Honey

## 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

Large frying pan

## Ingredients

	<b>2 People</b>
olive oil*	refer to method
couscous	1 packet
salt*	¼ tsp
boiling water*	¾ cup
beef strips	1 packet
ras el hanout	1 sachet
water* (for the beef)	¼ cup
honey*	1 tsp
tomato	1
cucumber	1
baby spinach leaves	1 bag (30g)
mint	1 bunch
garlic aioli	1 packet (50g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	684kJ (163Cal)
Protein (g)	33.7g	9.3g
Fat, total (g)	30.7g	8.5g
- saturated (g)	6.5g	1.8g
Carbohydrate (g)	43.8g	12.1g
- sugars (g)	10.1g	2.8g
Sodium (mg)	2198mg	606mg

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.

1



## Cook the couscous

Boil a kettle of water. Add the **couscous** and the **salt** to a medium bowl. Add ¾ cup **boiling water** and stir to combine. Immediately cover with a plate and set aside until water has absorbed, **5 minutes**. Fluff up with a fork and set aside.

2



## Cook the beef

Meanwhile, combine the **beef strips**, **ras el hanout**, **honey** and a drizzle of **olive oil** in a large bowl. In a large frying pan heat a drizzle of **olive oil** over a medium-high heat. Cook the **beef strips** in batches, tossing, until fragrant, **2-3 minutes**. Remove from the heat.

3



## Pack it up

Roughly chop the **tomato**, **cucumber** and **baby spinach leaves**. Pick and thinly slice the **mint** leaves. Divide the **garlic aioli** between two containers, season to taste and drizzle with **olive oil**. Stir to combine. Add the **tomato**, **cucumber**, **spinach** and **mint** to the container with the **dressing**. Divide the **couscous** and **beef** between two separate microwavable containers. Set aside until the beef has cooled. Refrigerate.

4



## Heat & serve

At lunch, microwave the ras el hanout beef and couscous until piping hot, **2-3 minutes**. Season to taste. Serve up the ras el hanout beef and couscous with the salad and aioli dressing.

## Enjoy!