



Tuscan Balsamic Steak Strips

with Spinach Couscous

FAMILY 35 Minutes



Steak Strips



Balsamic Vinegar



Israeli Couscous



Baby Spinach



Parmesan Cheese



Sweet Bell Pepper



Tomato Sauce



Italian Seasoning

HELLO COUSCOUS

Israeli couscous is a toasted pasta that brings delicious flavour and bite to many dishes!

Start Strong

Before starting, wash and dry all produce.

Bust Out

Measuring Cups, Measuring Spoons, Paper Towels, Large Bowl, Large Non-Stick Pan, Large Pot, Strainer

Ingredients

	4 Person
Steak Strips	570 g
Balsamic Vinegar	2 tbsp
Israeli Couscous	1 ½ cup
Baby Spinach	113 g
Parmesan Cheese	28 g
Sweet Bell Pepper	160 g
Tomato Sauce	2 tbsp
Italian Seasoning	1 tbsp
Sugar*	½ tsp
Unsalted Butter*	2 tbsp
Oil*	
Salt and Pepper*	

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. PREP

Add **10 cups water** and **2 tsp salt** in a large pot. Cover and bring to a boil over high heat. Core, then cut **pepper** into ½-inch pieces. Pat the **steak strips** dry with paper towels, then cut **large strips** in half. Toss **steak strips** with **Italian seasoning, vinegar** and **½ tsp sugar** in a large bowl. Season with **salt** and **pepper**. Set aside.



4. COOK STEAK STRIPS

Add **½ tbsp oil** to the same pan, then **half the steak strips**. Cook, stirring occasionally, until cooked through, 4-6 min.** Transfer to the same plate with **peppers**. Repeat with another **½ tbsp oil** and **remaining steak strips**. Set aside.



2. COOK COUSCOUS

Add **couscous** to the pot of **boiling water**. Cook, uncovered, stirring occasionally, until tender, 6-8 min.



5. FINISH COUSCOUS

Drain and return **couscous** to same pot. Add **spinach, tomato sauce, half the Parmesan** and **2 tbsp butter**. Stir together, until **butter melts** and **spinach wilts**, 2-3 min. Season with **salt** and **pepper**.



3. COOK PEPPERS

While **couscous** cooks, heat a large non-stick pan over medium-high. When hot, add **½ tbsp oil**, then **peppers**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Transfer to a plate.



6. FINISH AND SERVE

Divide **couscous** between plates. Top with **peppers** and **steak strips**. Drizzle over **steak strip juices** from the plate and sprinkle over **remaining Parmesan**.

Dinner Solved!