



# Pesto Beef Strips & Roast Veggie Couscous

with Fetta & Flaked Almonds

Grab your Meal Kit  
with this symbol



Carrot



Zucchini



Red Onion



Garlic



Baby Spinach  
Leaves



Beef Strips



Italian Herbs



Vegetable Stock  
Powder



Wholemeal  
Couscous



Basil Pesto



Fetta Cubes



Flaked Almonds

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

Calorie Smart

We've crammed tons and tons of flavour into this colourful bowl of deliciousness. From herby to salty, the flavours in this nutritionally balanced meal are sure to take your tastebuds to their happy place!

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	2	4
zucchini	1	2
red onion	1	2
garlic	1 clove	2 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
beef strips	1 medium packet	1 large packet
Italian herbs	1 sachet	2 sachets
water*	¾ cup	1½ cup
vegetable stock powder	1 sachet	1 sachet
wholemeal couscous	1 packet	2 packets
white wine vinegar*	1 tsp	2 tsp
basil pesto	1 packet (50g)	1 packet (100g)
fetta cubes	1 small packet (25g)	1 medium packet (50g)
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2432kJ (581Cal)	375kJ (89Cal)
Protein (g)	52.7g	8.1g
Fat, total (g)	15.6g	2.4g
- saturated (g)	4.1g	0.6g
Carbohydrate (g)	48.7g	7.5g
- sugars (g)	20.3g	3.1g
Sodium (mg)	820mg	127mg

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.

1



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **carrot** into half-moons. Cut the **zucchini** into bite-sized chunks. Cut the **red onion** into wedges. Place the veggies on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

2



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **beef strips**, **Italian herbs**, **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

3



## Cook the couscous

Add the **water** and **vegetable stock powder** to a medium saucepan and bring to the boil. Add the **wholemeal couscous** and stir to combine. Cover with a lid and remove from the heat. Set aside until the water is absorbed, **5 minutes**. Fluff up with a fork.

4



## Cook the beef

While the couscous is cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Cook the **beef strips**, in batches, until browned, **1-2 minutes**.

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

5



## Bring it all together

Add the **roast veggies** and **baby spinach** to the **couscous**. Add a drizzle of **olive oil** and **white wine vinegar**. Season and toss to combine.

6



## Serve up

Divide the roast veggie couscous between bowls. Top with the beef strips and spoon over any resting juices. Top with the **basil pesto** and crumble over the **fetta cubes**. Garnish with **flaked almonds**.

## Enjoy!