

Spiced Beef & Salsa Verde Couscous

with Harissa-Roasted Squash

4 SERVINGS | 20-30 MINS

 **Blue Apron**
blueapron.com



For pops of sweetness in every bite, we're pairing our savory za'atar beef with roasted delicata squash and a bed of fluffy couscous cooked with a handful of raisins until deliciously plump.

Ingredients

- | | |
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|  1 ½ lbs Thinly Sliced Beef |  1 Tbsp Red Harissa Paste |
|  1 cup Yellow Couscous |  ½ cup Tzatziki* |
|  1 Delicata Squash |  ⅓ cup Salsa Verde |
|  1 clove Garlic |  1 Tbsp Za'atar Seasoning** |
|  3 Tbsps Golden Raisins | |

*cucumber-yogurt sauce

**Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper

Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

CARB CONSCIOUS
600 CALORIES OR LESS
MEDITERRANEAN DIET



Serve a bottle of Blue Apron wine with this symbol: Fruity & Savory.
blueapron.com/wine

1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the **squash**. Cut off and discard the ends of the squash. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into ½-inch pieces.
- Peel **1 clove of garlic**. Using a zester, finely grate into a paste (or use the small side of a box grater).



2 Roast the squash

- Line a sheet pan with foil.
- Place the **squash pieces** in a bowl. Add the **harissa paste** and **1 tablespoon of olive oil**. Season with salt and pepper; toss to thoroughly coat.
- Transfer to the sheet pan and arrange in an even layer.
- Roast 18 to 20 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.



3 Cook & finish the couscous

- Meanwhile, in a small pot, combine the **couscous**, **raisins**, a **big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, turn off the heat. Cover and let stand 6 to 8 minutes, or until the water has been absorbed and the couscous is tender. Fluff with a fork.
- Add the **salsa verde** and stir to combine. Taste, then season with salt and pepper if desired. Cover to keep warm.



4 Cook the beef & serve your dish

- Meanwhile, separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **seasoned beef** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.
- Add the **garlic paste** and **all but a pinch of the za'atar**. Cook, stirring frequently, 2 to 3 minutes, or until the beef is coated and just cooked through.
- Turn off the heat.
- Serve the **finished couscous** topped with the **cooked beef** and **roasted squash**. Drizzle with the **tzatziki**. Garnish with the **remaining za'atar**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)**

Calories: 560, Total Carbohydrates: 44g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 28g, Saturated Fat: 8g, Protein: 36g, Sodium: 970mg.

**See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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