

# Herby Beef & Roast Veggie Cauliflower Rice

with Garlic Yoghurt

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Onion



Carrot



Garlic



Baby Spinach Leaves



Beef Strips



Garlic & Herb Seasoning



Greek-Style Yoghurt



Cauliflower Rice




Chicken Breast Strips

### Recipe Update

Unfortunately, this week's leek was in short supply, so we've replaced it with onion. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Calorie Smart

 Eat Me Early\*  
\*Custom Recipe only

Can there be any more flavour in this bowl? It already has a bunch of veggies, herbs for a surprise of freshness and a cauliflower rice to hold up those juicy beef strips. We think there's definitely enough flavour to satisfy everyone.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
carrot	1	2
garlic	4 cloves	8 cloves
baby spinach leaves	1 medium bag	1 large bag
beef strips	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
cauliflower rice	1 bag (250g)	1 bag (500g)
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
chicken breast strips**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1595kJ (381Cal)	338kJ (81Cal)
Protein (g)	36.9g	7.8g
Fat, total (g)	16.4g	3.5g
- saturated (g)	5.5g	1.2g
Carbohydrate (g)	23.4g	5g
- sugars (g)	10.8g	2.3g
Sodium (mg)	624mg	132mg
Dietary Fibre (g)	5.5g	1.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1546kJ (370Cal)	305kJ (73Cal)
Protein (g)	40.6g	8g
Fat, total (g)	13.3g	2.6g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	23.4g	4.6g
- sugars (g)	10.8g	2.1g
Sodium (mg)	657mg	129mg
Dietary fibre	5.5g	1.1g

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.

## We're here to help!

Scan here if you have any questions or concerns

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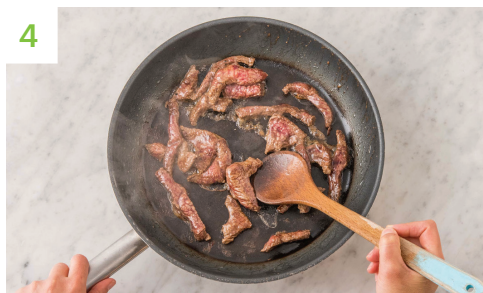
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## Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **onion** into wedges. Cut **carrot** into thick half-moons.
- Place **onion** and **carrot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

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## Cook the beef

- Return the frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips** in batches, until browned and cooked through, **1-2 minutes**.

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

**Custom Recipe:** Return frying pan to medium-high heat with a drizzle of olive oil. Cook chicken strips until browned and cooked through, 3-4 minutes each side.

2



## Get prepped

- Meanwhile, finely chop **garlic**. Roughly chop **baby spinach leaves**.
- In a medium bowl, combine **beef strips**, **garlic & herb seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Set aside.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.

**Custom Recipe:** If you've swapped to chicken breast strips, combine chicken with spice blend in the same way as above.

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## Bring it all together

- Add **roasted veggies** to the **cauliflower rice**, along with **baby spinach**, a pinch of **salt** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



## Cook the cauliflower rice

- When the veggies have **10 minutes** cook time remaining, return the frying pan to high heat with a drizzle of **olive oil**. Cook **cauliflower rice** until softened, **2-4 minutes**.
- Add remaining **garlic** and cook, stirring, until fragrant, **1 minute**. Season, then transfer to a bowl and cover to keep warm.

6



## Serve up

- Divide roasted veggie cauliflower rice between bowls. Top with herby beef and garlic yoghurt. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)