



Haunting Beef Strips & Oozy Cream Sauce

with Mash & Veggies

HALLOWEEN

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Leek



Baby Spinach Leaves



Potato



Aussie Spice Blend



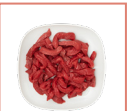
Beef Strips



Cream



Grated Parmesan Cheese



Beef Strips

Prep in: 25-35 mins
Ready in: 35-45 mins

If you feel like someone (or something) has been watching you, it may be because they are haunting your kitchen, waiting for their moment to devour these creamy beef strips. Hear their haunting hums of satisfaction when they dig into the fluffy potato mash. In fact, we're pretty sure these are actually friendly ghosts with a big appetite!

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

Pantry items

Olive Oil, White Wine Vinegar, Butter, Milk

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 · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
leek	1	2
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
Aussie spice blend	1 sachet	1 sachet
beef strips	1 small packet	2 small packets OR 1 large packet
cream	½ packet (125ml)	1 packet (250ml)
grated Parmesan cheese	1 medium packet	1 large packet
beef strips**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4122kJ (985Cal)	635kJ (152Cal)
Protein (g)	43.8g	6.8g
Fat, total (g)	69.9g	10.8g
- saturated (g)	43.6g	6.7g
Carbohydrate (g)	45.6g	7g
- sugars (g)	20.9g	3.2g
Sodium (mg)	816mg	126mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4919kJ (1176Cal)	636kJ (152Cal)
Protein (g)	72.5g	9.4g
Fat, total (g)	78.2g	10.1g
- saturated (g)	46.9g	6.1g
Carbohydrate (g)	45.6g	5.9g
- sugars (g)	20.9g	2.7g
Sodium (mg)	866mg	112mg

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 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

2023 | CW44



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Thickly slice **leek**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.
- When the veggies have cooled slightly, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray, then gently toss to combine.

4



Cook the beef

- When the veggies have **5 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Return all **beef** to the pan.

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

Custom Recipe: Cook beef in batches for the best results.

2



Make the mash

- Meanwhile, boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

5



Cook the creamy sauce

- Reduce the frying pan heat to medium-low, then add **cream (see ingredients)** and **grated Parmesan cheese**. Cook, stirring until thickened slightly, **1-2 minutes**. Season with **pepper**.

Little cooks: Under adult supervision, add the finishing touch by sprinkling the cheese into the pan. Be careful, the pan is hot!

3



Flavour the beef

- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

Little cooks: Kids can help by combining the seasoning and olive oil.

Custom Recipe: If you've added beef strips, combine the extra beef with the spice blend in a large bowl.

6



Serve up

- Divide mash and roasted veggies between plates.
- Spoon over beef strips and oozy cream sauce to serve. Enjoy!

Rate your recipe

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