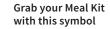
# Sticky Onion Chutney Beef Strips with Roasted Veggies & Hollandaise















Carrot







Garlic & Herb







Onion Chutney







Hollandaise



**Pantry items** 

Olive Oil, Butter

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



**Carb Smart** 

Here's a hearty beef bowl that draws inspiration from countless cuisines and brings it straight to your table. Herby beef strips, coated in a sweet chutney meets roast veggie toss, and there's a dollop of hollandaise to finish it off.

#### 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
olive oil*	refer to method	refer to method
potato	1	2
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
beef strips	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
onion chutney	1 medium packet	1 large packet
butter*	10g	20g
baby spinach leaves	1 medium bag	1 large bag
parsley	1 bag	1 bag
hollandaise	1 medium packet	2 medium packets
chicken breast strips**	1 packet	1 packet

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1864kJ (446Cal)	379kJ (91Cal)
Protein (g)	34.6g	7g
Fat, total (g)	17.8g	3.6g
- saturated (g)	6.5g	1.3g
Carbohydrate (g)	35.9g	7.3g
- sugars (g)	18.5g	3.8g
Sodium (mg)	813mg	165mg
Dietary Fibre (g)	7g	1.4g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1814kJ (434Cal)	<b>345kJ</b> (82Cal)
Protein (g)	38.4g	7.3g
Fat, total (g)	14.8g	2.8g
- saturated (g)	4.8g	0.9g
Carbohydrate (g)	35.9g	6.8g
- sugars (g)	18.5g	3.5g
Sodium (mg)	845mg	160mg

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.



# Get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut **potato**, **capsicum** and **carrot** into bite-sized chunks. Finely chop **garlic**.
- In a medium bowl, combine beef strips, garlic & herb seasoning and a drizzle of olive oil.

**Custom Recipe:** If you've swapped beef strips for chicken breast strips, prep chicken strips as above.



# Roast the veggies

 Place potato, capsicum and carrot 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. Allow to cool slightly.

**TIP:** If your oven tray is crowded, divide between two trays.



#### 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, until browned and cooked through, **1-2 minutes**.
- Return all beef to the pan, then stir through garlic.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken strips until browned and cooked through, 3-4 minutes each side. Stir through garlic, then remove from the heat.



# Glaze the beef

 Remove pan from the heat, then add onion chutney and the butter. Toss beef to coat.



### Bring it all together

 When the roasted veggies have cooled slightly, add baby spinach leaves to the tray and gently toss to combine.



### Serve up

- Roughly chop parsley.
- Divide roasted veggies between bowls, then top with sticky chutney beef strips.
- Drizzle with **hollandaise** and garnish with parsley to serve. Enjoy!



