



Sticky Onion Chutney Beef Strips

with Roasted Veggies & Hollandaise

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Garlic



Beef Strips



Garlic & Herb Seasoning



Onion Chutney



Baby Spinach Leaves



Parsley



Hollandaise



Chicken Breast Strips

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

Carb Smart

Eat Me Early*
*Custom Recipe only

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.

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

Pantry items

Olive Oil, Butter

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

*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)	345kJ (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.

We're here to help!

Scan here if you have any questions or concerns



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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!

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