



# Sticky Chutney Beef Strips

with Roasted Veggies & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Garlic



Beef Strips



Garlic & Herb Seasoning



Onion Chutney



Salad Leaves



Herbs



Hollandaise

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

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.

### 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
<b>olive oil*</b>	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
<b>butter*</b>	10g	20g
salad leaves	1 medium bag	1 large bag
herbs	1 bag	1 bag
hollandaise	1 medium packet	2 medium packets

\*Pantry Items

## 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

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://www.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**.



## Glaze the beef

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



## 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.



## Bring it all together

- When the roasted veggies have cooled slightly, add **salad leaves** to the tray and gently toss to combine.



## 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**.



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

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