



Sticky Chutney Beef Strips

with Roasted Veggies & Smokey Aioli

DIETITIAN APPROVED*



Grab your Meal Kit with this symbol



Kumara



Capsicum



Carrot



Garlic



Beef Strips



Garlic & Herb Seasoning



Onion Chutney



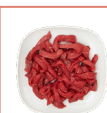
Baby Leaves



Parsley

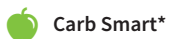


Hollandaise



Beef Strips

Prep in: 20-30 mins **Custom recipe is not Carb Smart or Dietitian Approved*
Ready in: 30-40 mins



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
kumara	1	2
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
butter*	10g	20g
onion chutney	1 medium packet	1 large packet
baby leaves	1 medium packet	1 large packet
parsley	1 packet	1 packet
Hollandaise	1 medium packet	2 medium packets
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2122kJ (507Cal)	453kJ (108Cal)
Protein (g)	35.2g	7.5g
Fat, total (g)	23.2g	5g
- saturated (g)	7.2g	1.5g
Carbohydrate (g)	38.5g	8.2g
- sugars (g)	14.9g	3.2g
Sodium (mg)	896mg	191mg
Dietary Fibre (g)	4.6g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2919kJ (697Cal)	492kJ (117Cal)
Protein (g)	63.9g	10.8g
Fat, total (g)	31.5g	5.3g
- saturated (g)	10.5g	1.8g
Carbohydrate (g)	38.5g	6.5g
- sugars (g)	14.9g	2.5g
Sodium (mg)	946mg	159mg

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

2024 | CW16



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Peel **kumara**. Cut **kumara**, **capsicum** and **carrot** into bite-sized chunks. Finely chop **garlic**.
- Discard any liquid from **beef strips** packaging. In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef strips** then toss to coat.

Custom Recipe: If you've doubled your beef strips, flavour in a large bowl.



Glaze the beef

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



Roast the veggies

- Place **kumara**, **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 **baby 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**.

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

Custom Recipe: Cook in batches for best results.



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!

Rate your recipe

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