



American Beef & Capsicum Loaded Wedges

with Slaw & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Potato



Onion



Garlic



Capsicum



Carrot



Beef Strips



All-American Spice Blend



Shredded Cabbage Mix



Spring Onion



Dill & Parsley Mayonnaise



Beef Strips

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Prepare for a table full of happy faces when you bring out this crowd-pleasing dish. With potato wedges, fajita-style beef strips, slaw and herby mayo, it's going all the way to number one!

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

Pantry items

Olive Oil, White Wine Vinegar

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	2	4
onion	½	1
garlic	3 cloves	6 cloves
capsicum	1	2
carrot	1	2
beef strips	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
spring onion	1 stem	2 stems
dill & parsley mayonnaise	1 medium packet	1 large packet
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)	2345kJ (560Cal)	383kJ (92Cal)
Protein (g)	37.1g	6.1g
Fat, total (g)	22.4g	3.7g
- saturated (g)	4.6g	0.8g
Carbohydrate (g)	53.3g	8.7g
- sugars (g)	23.5g	3.8g
Sodium (mg)	859mg	140mg
Dietary Fibre (g)	13.2g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3142kJ (751Cal)	426kJ (102Cal)
Protein (g)	65.8g	8.9g
Fat, total (g)	30.8g	4.2g
- saturated (g)	7.9g	1.1g
Carbohydrate (g)	53.3g	7.2g
- sugars (g)	23.5g	3.2g
Sodium (mg)	909mg	123mg
Dietary fibre	13.2g	1.8g

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 | CW18



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **20-25 minutes**.

4



Bring it all together

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **capsicum** and **onion** until browned and softened, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat, then return the **beef** to the pan along with any **resting juices**. Toss to combine. Season to taste.

2



Get prepped

- While the wedges are baking, thinly slice **onion** (see ingredients). Finely chop **garlic**. Thinly slice **capsicum**. Grate **carrot**. Discard any liquid from **beef strips** packaging.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.

Custom Recipe: If you've doubled your beef strips, flavour beef as above, cook in batches for best results!

5



Make the slaw

- While the veggies are cooking, add **shredded cabbage mix**, **carrot** and a drizzle of **white wine vinegar** and **olive oil** to a second medium bowl. Toss to combine. Season to taste.

3



Cook the beef

- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

6



Serve up

- Finely chop **spring onion**.
- Divide potato wedges between bowls. Top with slaw and American beef and capsicum.
- Garnish with spring onion and serve with **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

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