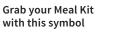


Sticky Chutney Beef & Roast Veggie Medley with Brussels Sprouts & Hollandaise

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Carrot





Beef Strips







Onion Chutney



Baby Leaves



Parsley



Hollandaise



Pantry items Olive Oil, Butter

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



Calorie Reduced* *Custom Recipe is not Calorie Reduced 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 hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
Brussels sprouts	1 medium packet	1 large packet
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)	9g	1.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2919kJ (698Cal)	492kJ (118Cal)
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
Dietary fibre	9g	1.5g

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. Peel kumara. Halve Brussels sprouts.
- Cut kumara and carrot into bite-sized chunks.
 Finely chop garlic.
- Discard any liquid from beef strips packaging.
 In a medium bowl, combine beef strips, garlic & herb seasoning and a drizzle of olive oil.

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



Roast the veggies

- Place kumara 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.
- In the last 18 minutes of cook time, add Brussels sprouts to the tray cut-side down and roast until tender. Allow to cool slightly.

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

TIP: The Brussels sprouts will char slightly, this adds to the flavour!



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: Cook in batches for best results.



Glaze the beef

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



Bring it all together

 When the roasted veggies have cooled slightly, add **baby 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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