



# Sticky Chutney Beef & Roast Veggie Medley

with Brussels Sprouts & Hollandaise

Grab your Meal Kit with this symbol



Kumara



Brussels Sprouts



Carrot



Garlic



Beef Strips



Garlic & Herb Seasoning



Onion Chutney



Baby Leaves



Parsley



Hollandaise



Beef Strips

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.

**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 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>butter*</b>	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](https://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 | CW24



## 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.



## Glaze the beef

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



## 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!



## 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**.

**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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