

Herbed Beef & Roast Veggie Toss

with Yoghurt & Chargrilled Capsicum Relish

MEDITERRANEAN

HELLOHERO

Grab your meal kit with this number

38



Kumara



White Turnip



Carrot



Onion



Beef Strips



Garlic & Herb Seasoning



Baby Leaves



Chargrilled Capsicum Relish



Greek-Style Yoghurt



Beef Strips



Chicken Breast Strips

Prep in: 15-25 mins
Ready in: 30-40 mins

 Protein Rich

 Calorie Smart

Feel the sweet sense of bliss when you sit down to eat this bowl of nutritious deliciousness. The fresh veggies, roasted to warm perfection create a bed for the tender beef strips to rest on. A delicious capsicum relish and yoghurt combo will have you feeling like you're on a sunny holiday.

Pantry items

Olive Oil, Honey, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 medium	1 large
white turnip	1	2
carrot	1	2
onion	½	1
beef strips	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
balsamic vinegar*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
chargrilled capsicum relish	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2004kJ (479cal)	175kJ (42cal)
Protein (g)	36.6g	3.2g
Fat, total (g)	15.9g	1.4g
- saturated (g)	4.5g	0.4g
Carbohydrate (g)	49.6g	4.3g
- sugars (g)	20.2g	1.8g
Sodium (mg)	908mg	79.3mg
Dietary Fibre (g)	10.2g	0.9g

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

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **kumara**.
- Cut **kumara** and **white turnip** into bite-sized chunks.
- Slice **carrot** into half-moons.
- Cut **onion (see ingredients)** into wedges.
- Place **veggies** on a lined oven tray, drizzle with **olive oil** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

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

3



Bring it all together

- When the veggies are done, add **baby leaves** to the oven tray and toss to combine. Season to taste.

2



Cook the beef

- Meanwhile, combine **beef strips**, **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil** in a large bowl.
- When veggies have **5 minutes** remaining, 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**.
- Remove from heat, then add the **honey** and **balsamic vinegar**. Toss to coat.

4



Serve up

- Divide roast veggie toss between bowls and top with herbed beef.
- Dollop over **chargrilled capsicum relish** and **Greek-style yoghurt** to serve. Enjoy!

CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST STRIPS

Follow method above, cooking chicken until browned and cooked through, 3-4 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

