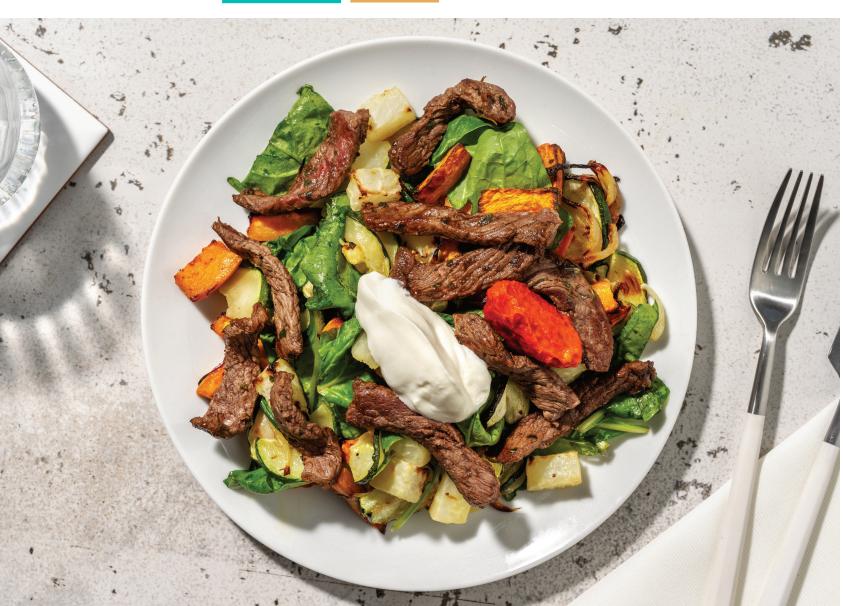
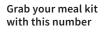


Herbed Beef & Roast Veggie Toss with Yoghurt & Chargrilled Capsicum Relish

MEDITERRANEAN

HELLOHERO

















Peeled Pumpkin





Beef Strips

Garlic & Herb Seasoning





Baby Leaves

Chargrilled Capsicum







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

Calorie Smart



Smell the sweet scent of bliss when you sit down to eat this bowl of nutritious goodness. The fresh veggies, roasted to sweet 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!



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
white turnip	1	2	
courgette	1	2	
onion	1/2	1	
peeled pumpkin pieces	1 small packet	1 medium packet	
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)	1988kJ (475cal)	164kJ (39cal)
Protein (g)	37.2g	3.1g
Fat, total (g)	16.2g	1.3g
- saturated (g)	4.5g	0.4g
Carbohydrate (g)	46.5g	3.8g
- sugars (g)	19.8g	1.6g
Sodium (mg)	867mg	71.3mg
Dietary Fibre (g)	8.9g	0.7g

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut white turnip into bite-sized chunks. Slice courgette into thick half-moons. Cut onion (see ingredients) into wedges.
- Place turnip, courgette, onion and peeled pumpkin pieces 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.



Cook the beef

- Meanwhile, combine beef strips and garlic & herb seasoning in a large bowl, along with a pinch of salt and pepper and a drizzle of olive oil.
- When veggies have 5 minutes remaining, heat a large frying pan over high heat with a drizzle of olive oil.
- 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.



Bring it all together

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



Serve up

- Divide roast veggie toss between plates.
- Top with herbed beef.
- Serve with a dollop of chargrilled capsicum relish and Greek-style yoghurt. Enjoy!



