

Herbed Beef & Roast Veggie Toss

with Yoghurt & Chargrilled Capsicum Relish

MEDITERRANEAN

Grab your meal kit with this number

38



Kumara



White Turnip



Courgette



Onion



Beef Strips



Garlic & Herb Seasoning



Baby Leaves



Chargrilled Capsicum Relish



Greek-Style Yoghurt




Beef Rump



Beef Strips

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

 Protein Rich

 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!

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
courgette	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)	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.

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 **courgette** into thick 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 tray is crowded, divide the veggies between two trays!

3



Bring it all together

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

2



Cook the beef

- Meanwhile, in a large bowl, combine **beef strips**, **garlic & herb seasoning**, 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



CUSTOM OPTIONS



SWAP TO BEEF RUMP

Cook, turning, for 5-6 minutes for medium. Rest, then slice before serving.



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.

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

