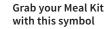
American Beef Loaded Wedges

with Slaw & Dill-Parsley Mayo











Potato





Garlic







Carrot



Beef Strips





Herbs



All-American Spice Blend

Dill & Parsley Mayonnaise

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
onion	1 (medium)	1 (large)	
garlic	3 cloves	6 cloves	
capsicum	1	2	
carrot	1	2	
All-American spice blend	1 sachet	1 sachet	
beef strips	1 packet	1 packet	
shredded cabbage mix	1 packet (150g)	1 packet (300g)	
white wine vinegar*	drizzle	drizzle	
herbs	1 bag	1 bag	
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2514kJ (601Cal)	359kJ (86Cal)
Protein (g)	40.3g	5.8g
Fat, total (g)	24.5g	3.5g
- saturated (g)	4.2g	0.6g
Carbohydrate (g)	54.2g	7.7g
- sugars (g)	25.2g	3.6g
Sodium (mg)	889mg	127mg

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.



Bake the wedges

Preheat oven to 240°C/220°C fan-forced. Cut potato into wedges, then place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then bake until tender, 20-25 minutes.

Little cooks: Kids can help toss the wedges.



Get prepped

While the wedges are baking, thinly slice **onion**. Finely chop **garlic**. Thinly slice **capsicum**. Grate **carrot**. In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **beef strips** and toss to coat.



Cook the beef

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**. Transfer to a plate.

TIP: Cooking the meat in batches over a high heat helps it stay tender.



Bring it all together

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **capsicum** and **onion** until browned and softened, **4-5 minutes**. Add **garlic** and cook until fragrant, **1 minute**. Remove from heat, then return the **beef** to the pan along with any resting juices. Toss to combine. Season to taste.



Make the slaw

While the veggies are cooking, add **shredded cabbage mix**, **carrot** and a small drizzle of **white wine vinegar** and **olive oil** to a second medium bowl. Toss to combine. Season to taste.

Little cooks: Take the lead by tossing the salad!



Serve up

Finely chop **herbs**. Divide potato wedges, slaw and American beef between plates. Garnish with herbs. Serve with **dill & parsley mayonnaise**.

TIP: Pile the slaw and beef on top of the wedges for the loaded effect!

Enjoy!