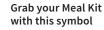


Aussie Beef & Easy-Prep Veggie Bowl with Parmesan Crisp & Herby Mayo









Sweet Potato, Carrot & Zucchini Mix

Parmesan Cheese



Aussie Spice

Beef Strips





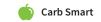
Kale & Spinach

Dill & Parsley Mayonnaise





*Custom Recipe only



This is a real 'all-rounder' meal. You've got your meat and three veg, a fancy Parmesan crispy and herby mayo combo. So simple and so quick!

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag		
Parmesan cheese	1 medium packet	1 large packet		
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
beef strips	1 small packet	2 small packets OR 1 large packet		
kale & spinach	1 medium bag	1 large bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
dill & parsley mayonnaise	1 medium packet	1 large packet		
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2270kJ (543Cal)	395kJ (94Cal)
Protein (g)	41.6g	7.2g
Fat, total (g)	27.7g	4.8g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	30.9g	5.4g
- sugars (g)	16.2g	2.8g
Sodium (mg)	781mg	136mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2214kJ (529Cal)	360kJ (86Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	22.9g	3.7g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	30.9g	5g
- sugars (g)	16.1g	2.6g
Sodium (mg)	783mg	127mg

The quantities provided above are averages only.

Allergens

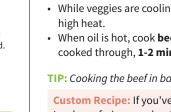
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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







Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Place sweet potato, carrot & zucchini mix on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 25-30 minutes. Allow to cool slightly.

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



Cook the beef

- Meanwhile, in a medium bowl, combine Aussie spice blend, a drizzle of olive and a pinch of salt. Add beef strips, turning to coat.
- While veggies are cooling, 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 and set aside.

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

Custom Recipe: If you've swapped to chicken tenderloins, coat as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins until browned and cooked through (when no longer pink inside), 3-4 minutes each side.



Bake the parmesan crisps

- When veggies have **10 minutes** remaining, place **Parmesan cheese** in even circles (1 per person) on a second lined oven tray.
- Bake until cheese is golden and crisp at edges, 6-8 minutes (watch it doesn't burn!).

TIP: The Parmesan crisps will become crisp as they cool.



Serve up

- To tray with roast veggies, add kale & spinach and a drizzle of the vinegar, tossing to coat. Season to taste.
- Divide roast veggie-kale toss between bowls. Top with Aussie beef, dill & parsley mayonnaise and parmesan crisp. Enjoy!

Custom Recipe: Slice chicken tenderlions to serve.



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate

