



Aussie Beef & Easy-Prep Veggie Bowl

with Parmesan Crisp & Herby Mayo

Grab your Meal Kit with this symbol



Sweet Potato, Carrot & Zucchini Mix



Parmesan Cheese



Aussie Spice Blend



Beef Strips



Kale & Spinach



Dill & Parsley Mayonnaise



Chicken Tenderloins

Prep in: **10-20 mins**
Ready in: **40-50 mins**

Carb Smart

Eat Me Early*
**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!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	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



1



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.

3



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.

2



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.

4



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 tenderloins to serve.

Rate your recipe

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