



# Garlicky Beef & Roast Veggie Toss

with Fetta & Babaganoush

MEDITERRANEAN



Grab your Meal Kit with this symbol



Brown Onion



Sweet Potato



Carrot & Zucchini Mix



Garlic & Herb Seasoning



Beef Strips



Baby Spinach Leaves



Babaganoush

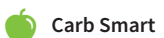


Fetta Cubes



Beef Rump

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



It's easy to bring Mediterranean flavours to the dinner table when you have our garlic and herb seasoning to flavour juicy beef strips. Perfectly tangy and salty fetta, plus creamy babaganoush add the finishing touches.

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

### Pantry items

Olive Oil, Honey, Balsamic Vinegar

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
brown onion	½	1
sweet potato	1	2
carrot & zucchini mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets OR 1 large packet
<b>honey*</b>	1 tsp	2 tsp
<b>balsamic vinegar*</b>	1 tsp	2 tsp
baby spinach leaves	1 medium bag	1 large bag
babaganoush	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1916kJ (458Cal)	369kJ (88Cal)
Protein (g)	38.4g	7.4g
Fat, total (g)	19.8g	3.8g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	30.2g	5.8g
- sugars (g)	17.1g	3.3g
Sodium (mg)	896mg	173mg
Dietary Fibre (g)	8.9g	1.7g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1808kJ (432Cal)	332kJ (79Cal)
Protein (g)	39.6g	7.3g
Fat, total (g)	16.3g	3g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	30.2g	5.6g
- sugars (g)	17.1g	3.1g
Sodium (mg)	901mg	166mg
Dietary Fibre	8.9g	1.6g

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](https://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



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## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **brown onion** (see ingredients) into wedges.
- Cut **sweet potato** into bite-sized chunks.
- Place **onion**, **sweet potato** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

**Custom Recipe:** If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

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## Bring it all together

- When the roasted veggies are done, add **baby spinach leaves** to the tray.
- Add a pinch of **salt**, then gently toss to combine.

2



## Cook the beef

- Meanwhile, combine **garlic & herb seasoning**, a pinch of **salt** and **pepper** and a drizzle of **olive oil** in a medium bowl. Add **beef strips**, tossing to coat.
- When veggies have **5 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over high heat. When oil is hot, cook **beef** in batches (this helps it stay tender!), tossing, until browned and cooked through, **1-2 minutes**.
- Remove pan from heat, then add the **honey** and **balsamic vinegar**. Toss **beef** to coat.

**Custom Recipe:** Season beef rump with garlic & herb seasoning, a pinch of salt and pepper and a drizzle of olive oil. Heat pan as above. When oil is hot, cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Remove pan from heat, then add the honey and balsamic vinegar, turning beef to coat. Transfer to a plate to rest.

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## Serve up

- Divide roast veggie toss between bowls. Top with Mediterranean beef.
- Dollop over **babaganoush** and crumble over **fetta cubes** to serve. Enjoy!

**Custom Recipe:** Slice beef rump to serve.

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)