



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



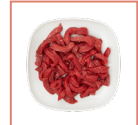
Silverbeet



Babaganoush



Fetta Cubes



Beef Strips

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

Calorie Reduced*
**Custom recipe is not Calorie Reduced*

Eat Me First

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
olive oil*	refer to method	refer to method
brown onion	½	1
sweet potato	1	2
carrot & zucchini mix	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
beef strips	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
balsamic vinegar*	1 tsp	2 tsp
silverbeet	1 medium packet	1 large packet
babaganoush	1 medium packet	2 medium packets
fetta cubes	1 medium packet	1 large packet
beef strips**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2119kJ (506Cal)	390kJ (93Cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	24.9g	4.6g
- saturated (g)	6.6g	1.2g
Carbohydrate (g)	30.7g	5.6g
- sugars (g)	17.6g	3.2g
Sodium (mg)	963mg	177mg
Dietary Fibre (g)	9g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2901kJ (693Cal)	434kJ (104Cal)
Protein (g)	67.8g	10.1g
Fat, total (g)	32.5g	4.9g
- saturated (g)	9.8g	1.5g
Carbohydrate (g)	30.7g	4.6g
- sugars (g)	17.6g	2.6g
Sodium (mg)	1026mg	153mg
Dietary Fibre	9g	1.3g

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



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.

3



Bring it all together

- When the roasted veggies are done, roughly chop **silverbeet** and add 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, return all **beef** to pan, then add the **honey** and the **balsamic vinegar**. Toss **beef** to coat.

Custom Recipe: If you've doubled your beef strips, prepare beef in a large bowl. Cook beef as above, in batches, returning all beef to the pan before adding the honey and balsamic vinegar.

4



Serve up

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

Rate your recipe

Did we make your tastebuds happy?

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