



Garlicky Beef & Roast Veggie Toss

with Fetta & Babaganoush

MEDITERRANEAN

Grab your meal kit with this number

5



Red Onion



Sweet Potato



Carrot & Zucchini Mix



Garlic & Herb Seasoning



Beef Strips



Silverbeet



Babaganoush



Fetta Cubes



Chicken Tenderloins



Beef Rump

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

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.

Pantry items

Olive Oil, Honey, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
red 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 packet	2 packets
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2207kJ (527Cal)	362kJ (87Cal)
Protein (g)	38.7g	6.4g
Fat, total (g)	25.5g	4.2g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	34.5g	5.7g
- sugars (g)	21.3g	3.5g
Sodium (mg)	969mg	159mg
Dietary Fibre (g)	10.7g	1.8g

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.

1



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **red 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, then add the **honey** and **balsamic vinegar**. Toss **beef** to coat.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



SWAP TO CHICKEN TENDERLOINS

Follow method above, cooking chicken tenderloins for 3-4 minutes.



SWAP TO BEEF RUMP

Follow method above. Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

