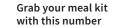


Garlicky Beef & Roast Veggie Toss with Fetta & Babaganoush

MEDITERRANEAN













Carrot & Zucchini



Seasoning







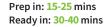


Babaganoush

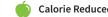
Fetta Cubes







Eat Me First





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	1/2	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

Per 100g Avg Qty Per Serving 362kJ (87Cal) Energy (kJ) 2207kJ (527Cal) 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

 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.



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.



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.



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.



Serve up

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







tenderloins for 3-4 minutes.



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.

