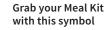


# Garlicky Beef & Roast Veggie Toss with Fetta & Babaganoush

DIETITIAN APPROVED

MEDITERRANEAN











Zucchini









**Beef Strips** 





Babaganoush







Recipe Update Unfortunately, this week's carrot & zucchini mix was in short supply, so we've replaced it with just zucchini. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins Ready in: 30-40 mins Eat Me Early\*

\*Custom Recipe only



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 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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1/2	1	
sweet potato	1	2	
zucchini	1	2	
garlic & herb seasoning	1 medium sachet	1 large sachet	
beef strips	1 small packet	1 medium packet	
honey*	1 tsp	2 tsp	
balsamic vinegar*	1 tsp	2 tsp	
baby spinach leaves	1 medium bag	1 large bag	
babaganoush	1 packet	2 packets	
fetta	1 medium packet	1 large packet	
chicken tenderloins**	1 small packet	1 large packet	

## \*Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1919kJ (459Cal)	370kJ (88Cal)
Protein (g)	38.9g	7.5g
Fat, total (g)	19.6g	3.8g
- saturated (g)	5.7g	1.1g
Carbohydrate (g)	30.2g	5.8g
- sugars (g)	17g	3.3g
Sodium (mg)	894mg	172mg
Dietary Fibre (g)	8.9g	1.7g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1846kJ (441Cal)	330kJ (79Cal)
Protein (g)	45.5g	8.1g
Fat, total (g)	14.6g	2.6g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	30.2g	5.4g
- sugars (g)	17g	3g
Sodium (mg)	897mg	160mg
Dietary Fibre (g)	9.1g	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 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 brown onion (see ingredients) into wedges. Cut sweet potato and **zucchini** into bite-sized chunks.
- Place onion, potato and zucchini 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, add baby spinach leaves 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 the **balsamic vinegar**. Toss to coat.

Custom Recipe: If you've swapped to chicken tenderloins, coat chicken in the seasoning mixture, as above. In a frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Remove from heat, then add the honey and the balsamic vinegar, as above, turning chicken to coat.



# Serve up

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



We're here to help!