



Garlicky Beef & Roast Veggie Toss

with Fetta & Babaganoush

DIETITIAN APPROVED

MEDITERRANEAN

Grab your Meal Kit with this symbol



Brown Onion



Sweet Potato



Zucchini



Garlic & Herb Seasoning



Beef Strips



Baby Spinach Leaves



Babaganoush



Fetta



Chicken Tenderloins

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

Carb Smart

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.

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
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.

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** 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.

3



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 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.

4



Serve up

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

Rate your recipe

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