

Garlicky Beef & Roast Veggie Quinoa Salad

with Garlic Yoghurt & Almonds

Grab your Meal Kit with this symbol



Carrot



Green Beans



Quinoa & Millet Blend



Garlic



Garlic & Herb Seasoning



Baby Spinach Leaves



Flaked Almonds



Greek-Style Yoghurt



Beef Strips

Prep in: **20-30** mins
Ready in: **30-40** mins

Dietitian Approved

 Calorie Smart

Here's a dish that looks good, tastes good, and is designed to help you feel good. The fluffy quinoa and millet base stands up well to the tender, subtly sweet veg and juicy seared beef strips. Bring it all together with a drizzle of rich garlic yoghurt for creaminess and tang, plus a sprinkle of flaked almonds for nuttiness and extra crunch.

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 medium bag	1 large bag
quinoa & millet blend	1 medium packet	1 large packet
garlic	1 clove	2 cloves
Greek-style yoghurt	1 medium packet	1 large packet
beef strips	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2060kJ (492Cal)	490kJ (117Cal)
Protein (g)	42.7g	10.1g
Fat, total (g)	14.2g	3.4g
- saturated (g)	4.5g	1.1g
Carbohydrate (g)	46.5g	11.1g
- sugars (g)	12.2g	2.9g
Sodium (mg)	530mg	126mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into small chunks. Trim **green beans**.
- Place **carrot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until just softened, **15-20 minutes**.
- Remove tray from oven. Add **green beans** and a pinch of **salt**. Toss to coat. Roast until tender, a further **5-10 minutes**.
- Allow to cool slightly.

2



Cook the quinoa & millet blend

- While the veggies are roasting, boil the kettle. Rinse **quinoa & millet blend** using a sieve.
- Half-fill a medium saucepan with the boiled water. Add **quinoa & millet** and a pinch of **salt**. Cook, uncovered, over high heat until tender, **12-15 minutes**.
- Drain, then transfer to a large bowl.

TIP: Rinsing the grain blend helps remove any bitter flavour!

3



Make the garlic yoghurt

- When the veggies have **10 minutes** remaining, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over medium-high heat. Cook until fragrant, **1 minute**.
- Transfer to a small heatproof bowl. Add **Greek-style yoghurt** and a splash of **water**. Stir to combine. Season to taste.

4



Cook the beef

- In a medium bowl, combine **beef strips**, **garlic & herb seasoning**, a pinch of **pepper** and a drizzle of **olive oil**.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef strips**, in batches, until browned and cooked through, **1-2 minutes**. Remove from heat.

TIP: Cooking the meat in batches over a high heat helps it stay tender.

5



Finish the quinoa salad

- To the bowl with the quinoa and millet, add the slightly cooled roasted **veggies**, the **baby spinach leaves** and a drizzle of **balsamic vinegar** and **olive oil**.
- Toss to combine. Season to taste.

6



Serve up

- Divide roast veggie quinoa salad between bowls. Top with garlicky beef.
- Drizzle with garlic yoghurt. Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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