



Seared Beef & Roast Veggie Salad

with Creamy Garlic Sauce & Almonds

SUMMER SALADS

NEW

Grab your meal kit with this number

5



Beetroot



Brown Onion



Peeled & Chopped Pumpkin



Aussie Spice Blend



Beef Strips



Spinach & Rocket Mix



Balsamic Vinaigrette Dressing



Everything Garnish



Garlic Sauce



Mayonnaise



Flaked Almonds



Beef Strips



Chicken Breast

Prep in: 15-25 mins
Ready in: 35-45 mins

Carb Smart

Protein Rich

Eat Me First

We're very serious about our salads around here and only the tastiest of ingredients get a seat at our table. This roast veggie and beef salad is truly the stuff of greatness, especially when you drizzle over the creamy garlic sauce and sprinkle over the flaked almonds. It's got flavour aplenty!

Pantry items

Olive Oil

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
beetroot	1	2
brown onion	1	2
peeled & chopped pumpkin	1 small packet	1 medium packet
Aussie spice blend	1 medium sachet	1 large sachet
beef strips	1 small packet	2 small packets or 1 large packet
spinach & rocket mix	1 medium packet	2 medium packets
balsamic vinaigrette dressing	1 packet	2 packets
everything garnish	½ sachet	1 sachet
garlic sauce	1 medium packet	2 medium packets
mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2682kJ (641cal)	257kJ (61cal)
Protein (g)	38.4g	3.7g
Fat, total (g)	41.5g	4g
- saturated (g)	6.7g	0.6g
Carbohydrate (g)	28.8g	2.8g
- sugars (g)	23.8g	2.3g
Sodium (mg)	1122mg	107.3mg
Dietary Fibre (g)	11.5g	1.1g

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 **220°C/200°C fan-forced**.
- Cut **beetroot** into 1cm chunks.
- Cut **brown onion** into wedges.
- Place **peeled & chopped pumpkin, beetroot** and **onion** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Assemble the roast veggie salad

- To the tray with roast veggies, add **spinach and rocket mix, balsamic vinaigrette dressing** and **everything garnish** (see ingredients), tossing to combine. Season with **salt** and **pepper**.

2



Cook the beef

- While the veggies are cooling, in a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **beef strips**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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

4



Serve up

- In a small bowl, combine **garlic sauce** and **mayonnaise**. Season with pepper.
- Divide roast veggie salad between bowls. Top with seared beef.
- Spoon over creamy garlic sauce and sprinkle over **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



DOUBLE BEEF STRIPS

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

