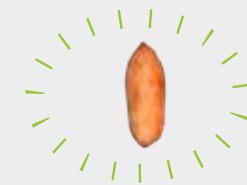




BEEF & SWEET POTATO FRIES

with Herby Green Sauce



Learn the secret to crispy sweet potato fries



Sweet Potato



Coriander



Parsley



Lemon



Garlic



Mixed Salad Leaves



Beef Strips

Pantry Staples



Corn Flour



Olive Oil



White Wine Vinegar



Hands-on: 30 mins

Ready in: 40 mins


You'd be forgiven for thinking you were in Argentina tucking into rare beef splashed with bright green herby sauce, but in classic HelloFresh style, we've added the twist of sweet potato fries. This is Australia after all!

BEFORE YOU — START

You will need: **chef's knife, chopping board, two oven trays lined with baking paper, garlic crusher, two medium bowls, small jar, large frying pan** and **wooden spoon**. Let's start cooking the **Beef & Sweet Potato Fries with Herby Green Sauce**



1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into fries and transfer to the prepared oven trays.  *To make crisp fries, toss in the **cornflour** (if using) and a generous seasoning of **salt** and **pepper**. Drizzle with $\frac{1}{4}$ of the **olive oil**, toss to coat and bake in the oven for **25-30 minutes**, or until crispy. Switch the trays half way through cooking.*




4 DRESS THE SALAD

Pour the vinaigrette over the **mixed salad leaves** in a second medium bowl and toss to coat.



2 MAKE THE HERBY GREEN SAUCE

Meanwhile, finely chop the **coriander** and **parsley** leaves. Juice the **lemon**. Peel and crush the **garlic**. Mix the **coriander, parsley, lemon** juice and **garlic** together with $\frac{1}{4}$ of the **olive oil** in a medium bowl. Season with **salt** and **pepper**.

 **TIP:** Blitz the ingredients up in a blender for a smoother consistency.



5 COOK THE BEEF

Heat the **remaining olive oil** in a large frying pan over a high heat. Add the **beef strips** and cook in two batches for **1-2 minutes**, or until browned.



3 PREPARE THE VINAIGRETTE

Combine the **white wine vinegar** and $\frac{1}{4}$ of the **olive oil** in a small jar. Season with **salt** and **pepper** and shake to mix.




6 SERVE UP

Divide the beef, sweet potato fries and mixed leaves between plates. Spoon the herby green sauce over the beef for the adults, and for the kids as well if you like.

ENJOY!

4-5 PEOPLE — INGREDIENTS

	4-5P
sweet potato	800 g
corn flour (optional)*	1 tbs
olive oil*	4 tbs
coriander	1 bunch
parsley	1 bunch
lemon	$\frac{1}{2}$
garlic 	1 clove
white wine vinegar*	1 tsp
mixed salad leaves	1 bag
beef strips	1 packet

*Pantry Items |  Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1970kJ (470Cal)	482kJ (115Cal)
Protein (g)	36.9g	9.0g
Fat, total (g)	21.2g	5.2g
- saturated (g)	5.0g	1.2g
Carbohydrate (g)	30.6g	7.5g
- sugars (g)	11.6g	2.8g
Sodium (mg)	99mg	24mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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