

# Classic Beef & Creamy Parmesan Sauce

with Mash & Roasted Veggies

Grab your Meal Kit with this symbol



Carrot



White Turnip



Baby Spinach Leaves



Potato



Aussie Spice Blend



Beef Strips



Longlife Cream



Grated Parmesan Cheese

 Hands-on: 25-35 mins  
Ready in: 35-45 mins

In this jazzed up version of meat and three veg, the creamy Parmesan sauce livens up the tender beef strips, while the roasted veggies imparts a slightly sweet and earthy flavour to the overall dish. Serve with a smooth mash to keep things filling and to soak up all that sauce.

### Pantry items

Olive Oil, White Wine Vinegar, Butter, Milk



## 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
white turnip	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
Aussie spice blend	1 sachet	1 sachet
beef strips	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4110kJ (982Cal)	621kJ (148Cal)
Protein (g)	45.4g	6.9g
Fat, total (g)	68.7g	10.4g
- saturated (g)	43.3g	6.5g
Carbohydrate (g)	46.2g	7g
- sugars (g)	20.9g	3.2g
Sodium (mg)	839mg	127mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** and **white turnip** into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. When the **veggies** have cooled slightly, add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray and gently toss to combine.



## Cook the beef

When the veggies have **10 minutes** cook time remaining, heat a large frying pan with a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate.

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



## Make the mash

While the veggies are roasting, bring a medium saucepan of lightly salted water to the boil. Peel the **potato**, then cut into large chunks. Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return the **potato** to the pan, then add the **butter**, the **milk** and a pinch of **salt**. Mash until smooth. Cover to keep warm.

**TIP:** *Save time and get more fibre by leaving the potato unpeeled.*



## Cook the creamy sauce

Return the pan to a medium heat, then add the **longlife cream** (see ingredients), **grated Parmesan cheese** and any **beef resting juices**. Cook, stirring, until thickened slightly, **1-2 minutes**. Remove the pan from the heat, then stir through the **beef strips**. Season with **pepper**.

**TIP:** *Scrape bits from the bottom of the pan for added flavour!*



## Flavour the beef

In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **beef strips** and toss to coat.



## Serve up

Divide the mash and roast veggies between plates. Spoon over the beef and creamy Parmesan sauce to serve.

## Enjoy!