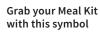


Classic Beef & Creamy Parmesan Sauce

with Mash & Roasted Veggies







Pantry items Olive Oil, White Wine Vinegar, Butter, Milk

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.

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** 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.



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.



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.



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.



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!



Serve up

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

Enjoy!