

Quick Garlic Beef & Creamy Pesto Dressing

with Roast Veggie Cauliflower Rice

Grab your Meal Kit with this symbol



Red Onion



Parsnip



Carrot



Garlic



Baby Spinach Leaves



Diced Beef



Garlic & Herb Seasoning



Cauliflower Rice



Vegetable Stock Powder



Creamy Pesto Dressing



Chilli Flakes (Optional)



Hands-on: **15-25 mins**
Ready in: **25-35 mins**



Carb Smart



Spicy (optional chilli flakes)

Looking for a light and tasty midweek dinner option? Try cooking up our tender and gently spiced beef with a low-carb cauliflower rice and rich creamy pesto dressing for a delicious and speedy meal.

Pantry items

Olive Oil, Butter

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
parsnip	1	2
carrot	1	2
garlic	3 cloves	6 cloves
baby spinach leaves	1 bag (60g)	1 bag (120g)
diced beef	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
butter*	30g	60g
cauliflower rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2164kJ (517Cal)	417kJ (99Cal)
Protein (g)	33.6g	6.5g
Fat, total (g)	30.4g	5.9g
- saturated (g)	11.5g	2.2g
Carbohydrate (g)	29.6g	5.7g
- sugars (g)	15.4g	3g
Sodium (mg)	1278mg	246mg
Dietary Fibre	8.7g	1.7g

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **red onion** into wedges. Cut **parsnip** and **carrot** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Add a drizzle of **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the beef & bring it all together

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **beef** in batches until browned and cooked through, **4-5 minutes**. Set aside.
- Meanwhile, add roasted **veggies** to **cauliflower rice**. Toss to combine and season to taste.
- In a small bowl, combine **creamy pesto dressing** with a splash of **water**.

TIP: The seasoning will char slightly in the pan, this adds to the flavour of the beef!

2



Cook the cauliflower rice

- Meanwhile, finely chop **garlic**. Roughly chop **baby spinach leaves**.
- In a medium bowl, combine **diced beef**, **garlic & herb seasoning** and a drizzle of **olive oil**, then season and set aside.
- In a large frying pan, melt the **butter** with a dash of **olive oil** over a high heat. Cook **cauliflower rice**, **vegetable stock powder** and **garlic** until tender and fragrant, **2-3 minutes**.
- Add **baby spinach** and cook until just wilted, **1-2 minutes**. Transfer to a large bowl and cover to keep warm.

4



Serve up

- Divide roast veggie cauliflower rice between bowls.
- Top with garlic beef.
- Pour over creamy pesto dressing. Sprinkle with a pinch of **chilli flakes** (if using) to serve.

Enjoy!