



Garlic & Herb Mango Beef

with Roasted Veggies & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Capsicum



Carrot



Garlic



Beef Strips



Garlic & Herb Seasoning



Mango Chilli Sauce



Baby Spinach Leaves



Chives



Smokey Aioli

Hands-on: 20-30 mins
Ready in: 30-40 mins

Carb Smart

Here's a hearty beef bowl that draws inspiration from countless cuisines and brings it straight to your plate. Herby beef strips, coated in a tropical mango-chilli sauce meets roasted veggies tossed with greens, and there's a dollop of smokey aioli to finish it off.

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
potato	1	2
capsicum	1	2
carrot	1	2
garlic	2 cloves	4 cloves
beef strips	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
mango chilli sauce	1 medium packet	1 large packet
butter*	10g	20g
baby spinach leaves	1 bag (60g)	1 bag (120g)
chives	1 bag	1 bag
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2125kJ (508Cal)	432kJ (103Cal)
Protein (g)	36.3g	7.4g
Fat, total (g)	25.2g	5.1g
- saturated (g)	6.9g	1.4g
Carbohydrate (g)	34.4g	7g
- sugars (g)	18.4g	3.7g
Sodium (mg)	816mg	166mg
Dietary Fibre (g)	7.3g	1.5g

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato**, **capsicum** and **carrot** into bite-sized chunks. Finely chop the **garlic**. In a medium bowl, combine the **beef strips**, **garlic & herb seasoning** and a drizzle of **olive oil**.



Glaze the beef

Add the **mango chilli sauce** and the **butter** to the pan with the **beef**. Toss to coat.



Roast the veggies

Place the **potato**, **capsicum** and **carrot** 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**. Allow to cool slightly.



Bring it all together

When the **roasted veggies** have cooled slightly, add the **baby spinach leaves** to the tray and gently toss to combine.



Cook the beef

When the veggies have **5 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef strips** in batches until browned and cooked through, **1-2 minutes**. Return all the **beef** to the pan, stir through the **garlic**, then remove from the heat.

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



Serve up

Finely chop the **chives**. Divide the roasted veggies between bowls. Top with the garlic and herb mango beef. Serve with the **smokey aioli** and garnish with the chives to serve.

Enjoy!