



Beef Strips with Ballymaloe Relish

served with wedges and tomato salad

Calorie Smart 35 – 40 mins

11



Beef Strips



Potatoes



Ballymaloe
Tomato Relish



Salad Leaves



Greek Style Cheese



Balsamic Glaze



Tomato



Pantry Items: Salt, Oil, Pepper, Butter



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper

Ingredients

	2P	4P
Beef Strips	250 g	500 g
Potatoes	600 g	1200 g
Ballymaloe Tomato Relish	1 pot	2 pots
Salad Leaves	40 g	80 g
Greek Style Cheese	100 g	200 g
Balsamic Glaze	2 sachets	4 sachets
Tomato	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	564.5 g	100 g
Energy (kJ/kcal)	2430.9 kJ/ 581 kcal	430.6 kJ/ 102.9 kcal
Fat (g)	13 g	2.3 g
Sat. Fat (g)	10.8 g	1.9 g
Carbohydrate (g)	68.3 g	12.1 g
Sugars (g)	16.7 g	3 g
Protein (g)	41.7 g	7.4 g
Salt (g)	1.9 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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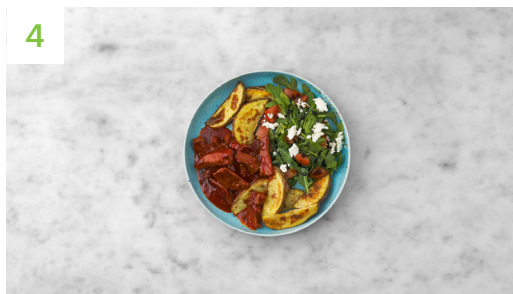
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Roast the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (peeling optional).
- Pop the wedges onto a large (lined) baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn the tray halfway through.

TIP: Use two baking trays if necessary.



Dish Up

- Divide the **potato** wedges, flavourful **beef strips** and salad between plates.
- Crumble the **Greek style cheese** over the salad.

Enjoy!



Sear the Beef Strips

- When the **potatoes** have 5 mins left to cook, place a large pan over high heat with a drizzle of **oil**.
- Once the pan is very hot, sear the **beef** until cooked through, shifting as it colours, 2-3 mins. **IMPORTANT:** Wash hands and equipment after handling raw meat. Meat is safe to eat when the outside is browned.
- Remove the pan from the heat.
- Stir through the **Ballymaloe relish** with a knob of **butter**. Toss to coat and season to taste with **salt** and **pepper**.



Toss the Salad

- Chop the **tomato** into 2cm chunks.
- Toss the **salad leaves** with a drizzle of **oil**, the **balsamic glaze** and the **tomato**.
- Season to taste with **salt** and **pepper**.