

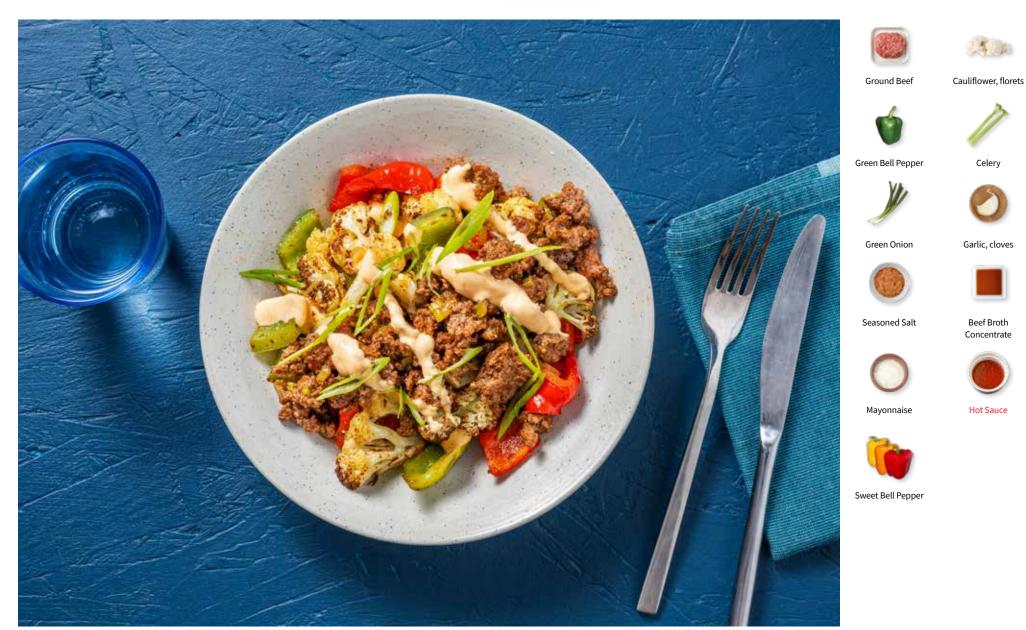
# Carb Smart Cajun Beef

with Roasted Veggies and Spicy Mayo



Spicy

Quick 25 Minutes



A great low-carb alternative for starchy veggies!

### Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### Heat Guide for Step 4 (dbl for 4 ppl):

Mild: ½ tsp
Spicy: 2 tsp
Medium: 1 tsp
Extra-spicy: 1 tbsp

Bust out

Baking sheet, measuring spoons, small bowl, large non-stick pan

### Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Cauliflower, florets	285 g	570 g
Green Bell Pepper	200 g	400 g
Celery	3	6
Green Onion	2	2
Garlic, cloves	1	2
Seasoned Salt	½ tbsp	1 tbsp
Beef Broth Concentrate	1	2
Mayonnaise	2 tbsp	4 tbsp
Hot Sauce 🥑	1 tsp	2 tsp
Sweet Bell Pepper	160 g	320 g
Oil*		
Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

### Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

### Contact



#### Prep

Finely chop **celery**. Core, then cut **peppers** into 1-inch pieces. Thinly slice **green onions**. Cut **cauliflower** into bite-sized pieces. Peel, then mince or grate **garlic**.



### **Roast veggies**

Add **cauliflower**, **peppers**, **half the seasoned salt** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with a quarter of the Seasoned Salt and 1 tbsp oil per sheet.) Season with **pepper**, then toss to combine. Roast **veggies** in the **top** of the oven until tender-crisp, 12-14 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



### Cook beef

Meanwhile, heat a large non-stick pan over medium heat. When hot, add **beef** and **celery** to the dry pan. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\* Carefully drain and discard excess fat. Add **garlic** and **remaining seasoned salt**. Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat, then add **broth concentrate** and **2 tbsp water** (dbl for 4 ppl). Season with **pepper**, then stir to combine.



Make spicy mayo Meanwhile, stir together **mayo** and **1 tsp hot sauce** in a small bowl. (NOTE: Reference heat guide.)



Finish and serve

Divide **roasted veggies** between bowls. Top with **beef mixture**. Drizzle **spicy mayo** over top, then sprinkle with **green onions**.

## **Dinner Solved!**