



Carb Smart Cajun Beef

with Roasted Veggies and Spicy Mayo

Carb Smart Spicy Quick 25 Minutes



Ground Beef



Cauliflower, florets



Green Bell Pepper



Celery



Green Onion



Garlic, cloves



Seasoned Salt



Beef Broth Concentrate



Mayonnaise



Hot Sauce



Sweet Bell Pepper

HELLO CAULIFLOWER

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

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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**.



Make spicy mayo

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



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.)



Finish and serve

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

Dinner Solved!



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.