



# Shredded Beef Sammies

with Cauliflower "Frites"

20-min



Shredded Beef



Artisan Roll



Mayonnaise



Horseradish



Whole Grain Mustard



Onion, sliced



Cauliflower, florets



Garlic



Panko Breadcrumbs



Spring Mix



Beef Broth Concentrate

HELLO SHREDDED BEEF

Fully cooked and pre-shredded for a quick and tasty meal!

## Start here

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

## Bust Out

2 Baking sheets, measuring spoons, large bowl, small bowl, large non-stick pan

## Ingredients

	2 Person	4 Person
Shredded Beef	300 g	600 g
Artisan Roll	2	4
Mayonnaise	4 tbsp	8 tbsp
Horseradish	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Onion, sliced	113 g	226 g
Cauliflower, florets	285 g	570 g
Garlic	3 g	6 g
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	28 g	56 g
Beef Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



## Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Toss **cauliflower** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through cooking, until golden-brown, 17-18 min.



## Make Aioli

While the **beef** cooks, stir together the **horseradish**, **whole grain mustard** and **half the mayo** in a small bowl. Season with **salt** and **pepper**.



## Toast panko

While **cauliflower** roasts, peel, then mince or grate the **garlic**. Heat a large non-stick pan over medium heat. When hot, add **panko** to the dry pan. Cook, stirring often, until toasted, 2-3 min. Remove the pan from heat, then transfer **toasted panko** to a plate. Set aside. Carefully wipe the pan clean.



## Toast rolls

Halve **rolls** and arrange them, cut-side up, on another baking sheet. Toast **rolls** in the **top** of the oven, until golden, 2-3 min. (**TIP**: Keep an eye on the buns so they don't burn!)



## Cook beef

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally until slightly softened, 3-4 min. Add **beef**, **broth concentrate** and **half the garlic**, then season with **salt**. Cook, stirring occasionally, until **shredded beef** heats through, 3-4 min.\*\* (**NOTE**: If the beef mixture is dry add, 2 tbsp water (dbl for 4 ppl) and stir to coat.)



## Finish and Serve

Stir together **remaining mayo** and **remaining garlic** in a large bowl. Toss **roasted cauliflower** with the **garlic-mayo**. Sprinkle with **toasted panko**, then stir to coat. Spread **horseradish aioli** over **bottom rolls**, then top with **spring mix** and **shredded beef mixture**. Divide **beef sammies** and **cauliflower frites** between plates.

## Dinner Solved!