



# Shredded Beef Sammies

with Cauliflower 'Frites'

20-min



Shredded Beef



Artisan Bun



Mayonnaise



Horseradish



Whole Grain Mustard



Onion, sliced



Cauliflower, florets



Garlic, cloves



Panko Breadcrumbs



Spring Mix



Beef Broth Concentrate



BBQ Sauce

HELLO SHREDDED BEEF

Slow-cooked flavours in a fraction of the time!

## 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	250 g	500 g
Artisan Bun	2	4
Mayonnaise	4 tbsp	8 tbsp
Horseradish	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Onion, sliced	113 g	227 g
Cauliflower, florets	285 g	570 g
Garlic, cloves	1	2
Panko Breadcrumbs	¼ cup	½ cup
Spring Mix	28 g	56 g
Beef Broth Concentrate	1	2
BBQ Sauce	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°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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## Roast cauliflower

Cut **cauliflower** into bite-sized pieces. Add **cauliflower** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until golden-brown, 17-18 min.



## Make horseradish sauce

While **beef** cooks, add **horseradish**, **mustard** and **half the mayo** to a small bowl. Season with **salt** and **pepper**, then stir to combine.



## Prep garlic and toast panko

While **cauliflower** roasts, peel, then mince or grate **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 **panko** to a plate. Set aside. Carefully wipe the pan clean.



## Toast buns

Halve **buns**, then arrange on another unlined baking sheet, cut-side up. Toast **buns** 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. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until slightly softened, 3-4 min. Add **shredded beef**, **broth concentrate**, **BBQ sauce** and **half the garlic**, then season with **salt**. Cook, breaking up **beef** and stirring occasionally, until **beef** heats through, 3-4 min. **\*\* (NOTE: If the beef mixture is dry, add 2 tbsp water [dbl for 4 ppl], then stir to combine.)**



## Finish and serve

Combine **remaining mayo** and **remaining garlic** in a large bowl. Add **cauliflower**, then stir to coat. Sprinkle **panko** over **cauliflower**, then stir to coat. Season with **salt** and **pepper**, to taste. Spread **horseradish sauce** over **buns**. Stack **spring mix** and **shredded beef mixture** on **bottom buns**. Close with **top buns**. Divide **beef sammies** and **cauliflower 'frites'** between plates.

## Dinner Solved!