



SMOKY BBQ BEEF ON A BUN

with Sautéed Onions and Roasted Parsnip Fries

FAMILY



HELLO

PARSNIP FRIES

A tasty twist on classic fries, roasted parsnips are known for their sweet, earthy flavour

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 866



Shaved Beef



Burger Bun



Monterey Jack Cheese, shredded



Thyme



Red Bell Pepper



Garlic



Parsnip, fries



Onion, sliced



BBQ Sauce



Smoked Paprika

BUST OUT

- 2 Baking Sheets
- Garlic Press
- Large Bowl
- Large Non-Stick Pan
- Measuring Spoons
- Medium Bowl
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Shaved Beef 570 g
- Burger Bun 1,2,3 4
- Monterey Jack Cheese, shredded 2 1 cup
- Thyme 10 g
- Red Bell Pepper 380 g
- Garlic 20 g
- Parsnip, fries 680 g
- Onion, sliced 227 g
- BBQ Sauce 6,9 4 tbsp
- Smoked Paprika 2 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **400°F** (to roast the parsnips and toast the sandwiches). Start prepping when the oven comes up to temperature!



1 ROAST PARSNIPS
Wash and dry all produce.* Strip **1 tbsp** thyme leaves from the stems. Cut larger **beef** pieces in half (approx. 2-3-inch wide). On a baking sheet, toss the **parsnips** and **half the** thyme leaves with a drizzle of **oil**. Arrange the parsnips in a single layer. Season with **salt** and **pepper**. Bake in the centre of the oven, stirring halfway through cooking, until the parsnips are golden, 25-30 min.



4 ASSEMBLE
Add the **BBQ sauce** to the bowl with the **beef** and toss to coat. Halve the **buns**, then arrange them cut-side up on another baking sheet. Top the bottom halves of the buns with the beef and the **pepper-onion mixture**. Sprinkle over the **cheese**.



2 COOK VEGGIES
Meanwhile, core, then cut the **bell peppers** into ¼-inch thin strips. Mince or grate the **garlic**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the peppers, **garlic**, **onions**, **remaining thyme** and **smoked paprika**. Cook, stirring occasionally, until the onions soften, 4-5 min. Season with **salt** and **pepper**.



5 TOAST SANDWICHES
Toast the **sandwiches** in the centre of the oven until the **top buns** are toasted and the **cheese** melts, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!)



3 COOK BEEF
When **veggies** are done, transfer mixture to a medium bowl and set aside. Carefully wipe the pan clean. Season the **shaved beef** with **salt** and **pepper**. Add another drizzle of **oil** to the same pan, then **half the** shaved beef. Cook until golden-brown, 1-2 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F.***) Transfer to a large bowl and repeat with the **remaining** beef.



6 FINISH AND SERVE
Top the **beef sandwiches** with the top halves of the buns and divide between plates. Serve the **parsnips** on the side.

SAUCY!

Be sure to grab a napkin before biting into this tender beef sandwich smothered in sauce.

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