



Carb Smart Cajun Beef

with Roasted Peppers and Spicy Mayo

Carb Smart

Spicy

Quick

25 Minutes



Ground Beef



Spring Mix



Green Bell Pepper



Celery



Green Onion



Garlic, cloves



Cajun Spice Blend



Beef Broth Concentrate



Mayonnaise



Hot Sauce



Sweet Bell Pepper



Lemon

HELLO SWEET PEPPER

A sweet pepper is just a green pepper that has been left on the vine to ripen!

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

Bust out

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

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Spring Mix	113 g	227 g
Green Bell Pepper	200 g	400 g
Celery	3	6
Green Onion	2	2
Garlic, cloves	1	2
Cajun Spice Blend 🍷	1 tbsp	2 tbsp
Beef Broth Concentrate	1	2
Mayonnaise	2 tbsp	4 tbsp
Hot Sauce 🍷	½ tbsp	1 tbsp
Sweet Bell Pepper	160 g	320 g
Lemon	1	1
Oil*		
Salt and 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

- Thinly slice **celery** crosswise.
- Core, then cut **peppers** into 1-inch pieces.
- Thinly slice **green onions**.
- Peel, then mince or grate **garlic**.



Make spicy mayo

- Meanwhile, stir together **mayo** and **½ tbsp hot sauce** in a small bowl. (NOTE: Reference heat guide.)



Roast peppers

- Add **peppers**, **half the Cajun Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **top** of the oven until tender-crisp, 14-16 min.



Make salad

- Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges.
- Add **1 tbsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. (TIP: Add a pinch of sugar to the dressing, if desired!)
- Add **spring mix** and **celery**, then toss to combine.



Cook beef

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Carefully drain and discard excess fat.
- Add **garlic** and **remaining Cajun Spice Blend**. 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 **salt** and **pepper**, to taste. Stir to combine.



Finish and serve

- Sprinkle **lemon zest** over **peppers**, then toss to coat.
- Divide **peppers** and **beef** between plates.
- Drizzle **spicy mayo** and sprinkle **green onions** over top.
- Serve **salad** alongside.
- Squeeze a **lemon wedge** over top, if desired.

Dinner Solved!