



# ROSEMARY BEEF SKEWERS

with Garlic-Roasted Mini Red Potatoes and Green Beans

PRONTO



## HELLO

### MINI RED POTATOES

Red potatoes are from the same "nightshade" family as the eggplant

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 712



Beef, cubes



Green Beans, trimmed



Mini Red Potatoes



Garlic



Rosemary



Italian Seasoning



Grape Tomatoes



Skewers



## BUST OUT

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

## INGREDIENTS

2-person | 4-person

- |                        |       |  |       |
|------------------------|-------|--|-------|
| • Beef, cubes          | 340 g |  | 680 g |
| • Green Beans, trimmed | 170 g |  | 340 g |
| • Mini Red Potatoes    | 340 g |  | 680 g |
| • Garlic               | 10 g  |  | 20 g  |
| • Rosemary             | 10 g  |  | 10 g  |
| • Italian Seasoning    | 1 tsp |  | 2 tsp |
| • Grape Tomatoes       | 227 g |  | 454 g |
| • Skewers              | 4     |  | 8     |

## ALLERGENS | ALLERGÈNES

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

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

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

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the oven to **450°F** (to roast the veggies). Start prepping when the oven comes up to temperature! For a faster meal, skip the skewering process and cook the beef directly in the pan.



**1 ROAST POTATOES**  
Wash and dry all produce.\* Cut the **potatoes** in half (or into quarters if they are large). On a baking sheet, toss the potatoes with **half the Italian seasoning** and a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



**2 PREP**  
Meanwhile, in a shallow dish filled with **hot water**, soak the **skewers**. Mince or grate the **garlic**. Strip a few **rosemary leaves** from the stems and finely chop **1 tsp** (double for 4 ppl). In a medium bowl, combine the **beef**, **rosemary** and **garlic** with a drizzle of **oil**. Season with **salt** and **pepper**.



**3 ROAST VEGGIES**  
On another baking sheet, toss the **green beans**, **tomatoes** and **remaining Italian seasoning** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until the tomatoes start to burst, 12-14 min. (**TIP:** Keep your eye on them so they don't burn!)



**4 COOK SKEWERS**  
Meanwhile, thread the **beef** onto the **skewers**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **beef skewers**. Cook, turning the skewers occasionally, until the beef is golden-brown, 7-10 min.



**5 FINISH AND SERVE**  
Divide the **beef skewers**, **veggies** and **potatoes** between plates.

## GIMMIE A C!

These potatoes are rich in iron and vitamin C!