



# Peppercorn Beef Rump

with Garlicky Roast Veggie Toss & Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic & Herb Seasoning



Black Peppercorns



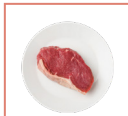
Beef Rump



Baby Spinach Leaves



Garlic Aioli



Beef Rump

Prep in: 10-20 mins  
Ready in: 30-40 mins

Calorie Smart\*  
*\*Custom Recipe is not Calorie Smart*

A crispy stack of colourful roasted veggies creates the base for a steak dish of joyous proportions. Tender slices of beef rump are adorned in herby seasoning and topped by aioli to take things up a notch. Now, if that doesn't sound like heaven on earth, we don't know what does!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar



## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
beetroot	1	2
garlic & herb seasoning	1 sachet	1 sachet
black peppercorns	½ sachet	1 sachet
beef rump	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2483kJ (593Cal)	421kJ (101Cal)
Protein (g)	40.8g	6.9g
Fat, total (g)	25.1g	4.3g
- saturated (g)	6.9g	1.2g
Carbohydrate (g)	50.9g	8.6g
- sugars (g)	24g	4.1g
Sodium (mg)	783mg	133mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3366kJ (804Cal)	455kJ (109Cal)
Protein (g)	73.3g	9.9g
Fat, total (g)	34.2g	4.6g
- saturated (g)	12.2g	1.7g
Carbohydrate (g)	50.9g	6.9g
- sugars (g)	24g	3.2g
Sodium (mg)	856mg	116mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW40



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **garlic & herb seasoning** and a pinch of **salt**, and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



## Cook the steak

- When veggies have **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.
- When the **veggies** are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray and gently toss to combine.

**Custom Recipe:** If you've doubled your beef rump, cook in batches for best results!

2



## Prep the steak

- Meanwhile, lightly crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Season **beef** with **salt** and crushed **peppercorns**.

**TIP:** Pounding the beef ensures that it's extra tender once cooked.

4



## Serve up

- Thinly slice peppercorn beef.
- Divide beef and roast veggie toss between plates.
- Serve with **garlic aioli**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)