



# Seared Garlic Butter Steak

with Roast Root Veggie Toss & Creamy Pesto Dressing

**KID FRIENDLY**

Grab your Meal Kit with this symbol



Onion



Potato



White Turnip



Beetroot



Garlic



Aussie Spice Blend



Beef Rump



Baby Spinach Leaves



Creamy Pesto Dressing



Beef Rump

Prep in: **15-25 mins**  
Ready in: **30-40 mins**



Carb Smart\*

\*Custom Recipe is not Carb Smart

We've dug deep to find and create this stunning meal for tonight's dinner. A roast root veggie toss, with pops of colour from the beetroot, adds an earthen texture to the succulent beef rump, slathered in a buttery garlic sauce. We know you will be excavating this plate down to the last crumb.

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

### Pantry items

Olive Oil, Butter, 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
onion	1 (medium)	1 (large)
potato	1	2
white turnip	1	2
beetroot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	1 sachet	1 sachet
beef rump	1 small packet	2 small packets OR 1 large packet
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 packet	1 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)	2148kJ (513Cal)	407kJ (97Cal)
Protein (g)	38.9g	7.4g
Fat, total (g)	23.8g	4.5g
- saturated (g)	10.2g	1.9g
Carbohydrate (g)	34.7g	6.6g
- sugars (g)	18.8g	3.6g
Sodium (mg)	847mg	160mg
Dietary Fibre (g)	8.4g	1.6g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	437kJ (104Cal)
Protein (g)	70.8g	10.4g
Fat, total (g)	31.3g	4.6g
- saturated (g)	14.2g	2.1g
Carbohydrate (g)	34.7g	5.1g
- sugars (g)	18.8g	2.8g
Sodium (mg)	921mg	136mg

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 | CW41



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion, potato** and **white turnip** into bite-sized chunks. Cut **beetroot** into small chunks. Finely chop **garlic**.
- Place **onion, potato, turnip** and **beetroot** on a lined oven tray. Sprinkle with **Aussie spice blend** and drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. Allow to cool slightly.

**Little cooks:** Help toss the veggies!

**TIP:** If your oven tray is crowded, divide between two trays.

3



## Bring it all together

- To the **roasted veggies**, add **baby spinach leaves** and a drizzle of **white wine vinegar**. Toss to combine and season to taste.

2



## Cook the steak

- When the veggies have **10 minutes** remaining, 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 **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- In the last **1-2 minutes** of cook time, add **garlic** and the **butter**, then season with **salt** and **pepper**. Transfer to a plate to rest.

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

**Custom Recipe:** If you've doubled your beef rump, cook in batches for best results! Return all beef to pan and continue with step.

4



## Serve up

- Slice seared garlic butter steak.
- Divide steak and roast root veggie toss between plates.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the dressing!

## Rate your recipe

Did we make your tastebuds happy?

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