



Chimichurri Beef Rump & Veggie Fries

with Tomato Salad & Mayonnaise

Grab your Meal Kit with this symbol



Carrot



White Turnip



Tomato



Beef Rump



Chimichurri Seasoning



Mixed Salad Leaves



Mayonnaise



Beef Rump

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

Carb Smart

Everyone has a favourite kind of steak, make this the one that stands out above the rest by seasoning the beef with chimichurri. Cook it to your liking and complete it with roasted veggie fries and a fresh salad on the side. It's bound to be a crowd-pleaser!

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

Pantry items

Olive Oil, Balsamic 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
olive oil*	refer to method	refer to method
carrot	2	4
white turnip	1	2
tomato	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
chimichurri seasoning	1 sachet	2 sachets
mixed salad leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1575kJ (376Cal)	349kJ (83Cal)
Protein (g)	35g	7.8g
Fat, total (g)	18.1g	4g
- saturated (g)	5.6g	1.2g
Carbohydrate (g)	17.8g	3.9g
- sugars (g)	10.3g	2.3g
Sodium (mg)	771mg	171mg
Dietary Fibre (g)	7.7g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2389kJ (571Cal)	398kJ (95Cal)
Protein (g)	66.9g	11.1g
Fat, total (g)	25.6g	4.3g
- saturated (g)	9.6g	1.6g
Carbohydrate (g)	17.8g	3g
- sugars (g)	10.3g	1.7g
Sodium (mg)	845mg	141mg
Dietary Fibre (g)	7.7g	1.3g

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 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 | CW44



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **white turnip** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

4



Cook the beef

- When the veggies have **10 minutes** cook time 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.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Cook beef rump in batches for the best results!

2



Get prepped

- Meanwhile, roughly chop **tomato**.

5



Toss the salad

- While the beef is resting, combine **tomato**, **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Season to taste.

3



Season the beef

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- On a plate, combine **beef**, **chimichurri seasoning**, a pinch of **salt** and a drizzle of **olive oil**.

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

Custom Recipe: If you've doubled your beef rump, add an extra drizzle of olive oil.

6



Serve up

- Slice chimichurri beef rump.
- Divide veggie fries, tomato salad and beef rump between plates.
- Serve with **mayonnaise**. Enjoy!

Rate your recipe

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