HELLO FRESH

Herby Seared Beef Steak
with Onion Chutney Sauce & Veggie Fries

MEDITERRANEAN

Grab your Meal Kit with this symbol

Courgette	Beetroot
Garlic & Herb Seasoning	Beef Rump
Radish	Mixed Salad Leaves
Onion	Onion Chutney

Beef Rump

A crispy stack of colourful veggie fries creates the base for a low-carb steak dish of joyous proportions. Tender slices of beef rump are adorned in earthy dukkah, topped by garlic yoghurt and served with a crisp mixed leaf salad. Now, if that doesn't sound like heaven, we don't know what does!

Prep in: 20-30 mins
Ready in: 35-45 mins

Carb Smart

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

Pantry items

Olive Oil, White Wine Vinegar, Balsamic Vinegar, Brown Sugar

AL

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 t· Large frying pant

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
courgette	1	2
beetroot	1	2
garlic & herb seasoning	1 sachet	1 sachet
beef rump	1 small packet	2 small packets OR 1 large packet
radish	2	3
*white wine vinegar**	drizzle	drizzle
mixed salad leaves	1 bag (30g)	1 bag (60g)
onion	1 (medium)	1 (large)
onion chutney	1 medium packet	1 large packet
*balsamic vinegar**	1 tbs	2 tbs
*brown sugar**	1 tsp	2 tsp
beef rump**	2 small packets	4 small packets OR 2 large packets

***Pantry Items **Custom Recipe Ingredient*

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1408kJ (337Cal)	288kJ (69Cal)
Protein (g)	36.5g	7.5g
Fat, total (g)	8.3g	1.7g
- saturated (g)	4g	0.8g
Carbohydrate (g)	27g	5.5g
- sugars (g)	19.5g	4g
Sodium (mg)	657mg	135mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2222kJ (531Cal)	348kJ (83Cal)
Protein (g)	68.4g	10.7g
Fat, total (g)	15.8g	2.5g
- saturated (g)	8g	1.3g
Carbohydrate (g)	27g	4.2g
- sugars (g)	19.5g	3.1g
Sodium (mg)	730mg	114mg
Dietary fibre	6.7g	1g

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.
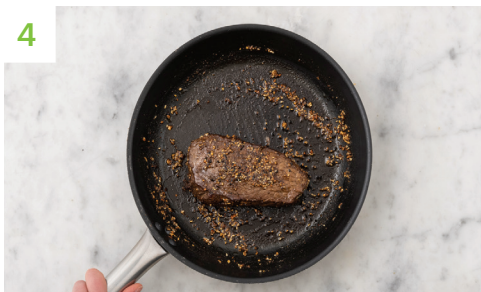
1 Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **courgette** and **beetroot** into **fries**.
- Place **veggies** and half the **garlic & seasoning** on a lined tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

2 Get prepped

- While **veggie fries** are baking, thinly slice **radish**.
- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine the remaining **garlic & herb** seasoning and a drizzle of **olive oil**. Add **beef rump** and turn to coat. Set aside.

Custom Recipe: If you've doubled your beef rump, prep beef in a large bowl.

3 Caramelise the onion

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Add **onion chutney** and a splash of **water**, stirring to combine.

4 Cook the steak

- When the veggies have **10 minutes** cook time remaining, return frying pan to 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.

Custom Recipe: Cook the beef in batches for the best results.

5 Toss the salad

- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**.
- Season and add **mixed salad leaves** and **radish**. Toss to coat.

6 Serve up

- Slice **herby seared steak**.
- Divide steak, veggie fries and garden salad between plates. Top steak with caramelised onion sauce to serve. Enjoy!

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