



# Herby Seared Steak & Veggie Fries

with Onion Chutney Sauce

MEDITERRANEAN

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Courgette



Beetroot



Garlic & Herb Seasoning



Cucumber



Cos Lettuce



Beef Rump



Onion



Onion Chutney

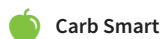


Beef rump

### Recipe Update

We've replaced the mixed salad leaves in this recipe with cos lettuce due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



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!

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

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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
courgette	1	2
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
cucumber	1	2
cos lettuce	½ head	1 head
beef rump	1 small packet	2 small packets OR 1 large packet
onion	½ (large)	1 (large)
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
onion chutney	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
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)	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
Dietary Fibre (g)	7.3g	1.5g

### 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 (g)	7.3g	1.1g

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](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

2024 | CW07



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## 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 & herb 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**.

4



## Cook the steak

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

2



## Get prepped

- While veggie fries are baking, thinly slice **cucumber** into rounds. Shred **cos lettuce** (see **ingredients**).
- Place **beef rump** between two sheets of baking paper. Pound 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.

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## Toss the salad

- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**.
- Season and add **cos lettuce** and **cucumber**. Toss to coat.

3



## Caramelize the onion

- Thinly slice **onion** (see **ingredients**).
- 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.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

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