

Seared Garlic Butter Steak

with Roast Root Veggie Toss & Creamy Pesto Dressing

SUMMER SALADS

KID FRIENDLY

Grab your Meal Kit with this symbol



Onion



Potato



White Turnip



Beetroot



Garlic



Aussie Spice Blend



Beef Rump



Baby Leaves



Creamy Pesto Dressing



Beef Rump

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SKIP FINAL READ

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

Carb Smart*
*Custom Recipe is not Carb Smart

We've dug deep to create this stunning meal for tonight's dinner. A roast root veggie toss, with pops of colour from the beetroot, adds an earthy flavour 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
olive oil*	refer to method	refer to method
onion	½	1
potato	1	2
white turnip	1	2
beetroot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	1 medium sachet	1 large sachet
beef rump	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2231kJ (533Cal)	386kJ (92Cal)
Protein (g)	39.3g	6.8g
Fat, total (g)	23.9g	4.1g
- saturated (g)	10.2g	1.8g
Carbohydrate (g)	39.3g	6.8g
- sugars (g)	19.8g	3.4g
Sodium (mg)	850mg	147mg
Dietary Fibre (g)	12.6g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3045kJ (728Cal)	418kJ (100Cal)
Protein (g)	71.2g	9.8g
Fat, total (g)	31.4g	4.3g
- saturated (g)	14.2g	2g
Carbohydrate (g)	39.3g	5.4g
- sugars (g)	19.8g	2.7g
Sodium (mg)	924mg	127mg

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

2024 | CW14



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)**, **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

- Add **baby leaves** and a drizzle of **white wine vinegar** to the with roasted veggies. Toss to combine and season to taste.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



Cook the steak

- See '**Top Steak Tips**' (below). When the veggies have **10 minutes** remaining, place **beef rump** between two sheets of baking paper. Pound **beef** with a rolling pin until slightly flattened (this helps it stay tender!). Season 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.

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

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!

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