



Herby Seared Steak & Veggie Fries

with Onion Chutney Sauce

MEDITERRANEAN

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Beetroot



Parsnip



Garlic & Herb Seasoning



Beef Rump



Radish



Onion



Onion Chutney

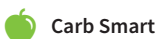


Mixed Salad Leaves



Beef Rump

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



A delicious beef steak can win over many hearts and we believe this herby garlic steak will make yours flutter. If that's not enough though, maybe try one of the veggie fries. To really seal the deal, top the steak with a sweet onion chutney sauce.

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

Pantry items

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

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
beetroot	1	2
parsnip	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
beef rump	1 medium packet	2 medium packets OR 1 large packet
radish	2	3
onion	½	1
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
onion chutney	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium 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)	1764kJ (422Cal)	365kJ (87Cal)
Protein (g)	37.3g	7.7g
Fat, total (g)	15g	3.1g
- saturated (g)	4.8g	1g
Carbohydrate (g)	34.9g	7.2g
- sugars (g)	21.1g	4.4g
Sodium (mg)	675mg	140mg
Dietary Fibre (g)	7g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2578kJ (616Cal)	407kJ (97Cal)
Protein (g)	69.2g	10.9g
Fat, total (g)	22.5g	3.6g
- saturated (g)	8.8g	1.4g
Carbohydrate (g)	34.9g	5.5g
- sugars (g)	21.1g	3.3g
Sodium (mg)	749mg	118mg
Dietary fibre	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

2024 | CW16



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **beetroot** and **parsnip** 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**.

2



Get prepped

- **See 'Top Steak Tips!' (below)**. While veggie fries are baking, 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 as above and flavour in a large bowl.

3



Caramelize the onion

- Thinly slice **radish** and **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. Transfer to a bowl.

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 in batches for 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 radish salad between plates.
- Top steak with caramelised onion sauce to serve. Enjoy!

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.

Rate your recipe

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