



Cherry-Glazed Steak & Spiced Roast Veggies with Tomato Salad

FAMILY MEAL DEAL

KID FRIENDLY

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Kumara



Carrot



All-American Spice Blend



Tomato



Garlic



Cherry Sauce



Beef Rump



Mixed Salad Leaves



Beef Rump

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Smart*
**Custom recipe is not Calorie Smart*

Round out the day with this spectacular steak, drizzled with a sticky-sweet cherry glaze. And for the real 'cherry' on top, we've added mildly-spiced roast veggies and a refreshing garden salad for crispiness and depth of flavour to boot!

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, Vinegar (White Wine or Balsamic)

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
kumara	2 (medium)	2 (large)
carrot	1	2
All-American spice blend	1 medium sachet	1 large sachet
tomato	1	2
garlic	2 cloves	4 cloves
cherry sauce	1 medium packet	1 large packet
balsamic vinegar*	2 tsp	4 tsp
brown sugar*	1 tbs	2 tbs
beef rump	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
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)	2312kJ (553Cal)	426kJ (102Cal)
Protein (g)	37.1g	6.8g
Fat, total (g)	15.8g	2.9g
- saturated (g)	5.1g	0.9g
Carbohydrate (g)	65.6g	12.1g
- sugars (g)	28.7g	5.3g
Sodium (mg)	914mg	168mg
Dietary Fibre (g)	8.9g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3034kJ (725Cal)	439kJ (105Cal)
Protein (g)	69g	10g
Fat, total (g)	20.8g	3g
- saturated (g)	8.8g	1.3g
Carbohydrate (g)	65.6g	9.5g
- sugars (g)	28.7g	4.2g
Sodium (mg)	988mg	143mg
Dietary fibre	8.9g	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.

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1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Peel **kumara**. Cut **kumara** and **carrot** into bite-size chunks.
- Place veggies on a lined oven tray. Sprinkle over **All-American spice blend**, season with **salt** and drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, roughly chop **tomato**. Finely chop **garlic**.
- In a small bowl, combine **cherry sauce**, **balsamic vinegar**, the **brown sugar**, **garlic** and a splash of **water**.

3



Make the glaze & salad

- While the steak is resting, return the frying pan to medium-high heat. Cook **cherry glaze mixture** until slightly reduced, **1-2 minutes**. Remove from heat. Set aside.
- In a medium bowl, add **mixed salad leaves**, **tomato** and a drizzle of **vinegar** and **olive oil**. Season and toss to combine.

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 fries have **10 minutes** cook time remaining, place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. 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. Transfer to a plate to rest.

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

Custom Recipe: If you've doubled your beef, cook in batches for best results.

4



Serve up

- Slice seared steak.
- Divide spiced veggie chunks, tomato salad and steak between plates.
- Spoon cherry glaze over steak to serve. Enjoy!

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Pineapple Upside-Down Cake

with Almonds

FAMILY MEAL DEAL



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Pineapple Slices



Brown Sugar



Basic Sponge Mix



Flaked Almonds

Prep in: 20 mins
Ready in: 1 hr 15 mins

Do you remember this retro classic? We may have taken a few liberties with the original, like adding toasted flaky almonds. This cake will be sure to impress when you flip it upside-down to reveal the sticky caramel pineapple layer!

Pantry items

Softened Butter, Eggs, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, double the below quantities and store the leftovers in an airtight container.

You will need

20cm medium round cake tin · Kitchen scales · Medium saucepan · Electric beaters · Medium frying pan

Ingredients

	4 People
pineapple slices	1 tin
softened butter*	230g
brown sugar	2 medium packets
eggs*	3
basic sponge mix	1 medium packet
milk*	½ cup
flaked almonds	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	2800kJ (669Cal)	1425kJ (340Cal)
Protein (g)	7.7g	3.9g
Fat, total (g)	35.6g	18.1g
- saturated (g)	21.9g	11.1g
Carbohydrate (g)	82.2g	41.8g
- sugars (g)	61.1g	31.1g
Sodium (mg)	607mg	309mg
Dietary Fibre (g)	1g	0.5g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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Get prepped

- Preheat oven to **180°C/160°C fan-forced**. Grease and line the cake tin with baking paper.
- Drain **pineapple slices**. Measure 200g **butter (for the cake)** and set aside at room temperature to soften. Measure 30g **butter (for the sauce)** and set aside.
- Divide **brown sugar** into two separate bowls: 200g in one bowl and the remaining 40g in a second bowl.

TIP: Weigh out your ingredients before you start to save time!

TIP: Using room temperature butter helps the batter get light and fluffy!



Bake the cake

- Bake for **45 minutes to 1 hour** or until cake is golden brown and cooked through. Set aside to cool in tin, **15-20 minutes**.

TIP: To check if the cake is done, stick a toothpick or skewer in the centre. It should come out clean.



Start the cake

- In a medium saucepan, combine **butter (for the sauce)** and 40g **brown sugar**. Cook over medium heat, stirring, until the sugar is dissolved, **2-3 minutes**.
- Pour **sauce** into the lined cake tin. Place **pineapple slices**, in a single layer, on top of sauce.



Toast the almonds

- Meanwhile, heat a medium frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Set aside.
- When the cake has cooled, place a serving plate on top of the cake. Carefully flip **cake** over and remove tin to reveal **pineapple top**.



Make the batter

- In a large bowl, add 200g **brown sugar** and the **butter (for the cake)**. Beat with electric beaters until light and fluffy, **2-3 minutes**. Add the **eggs**, one at a time, and beat until smooth. Fold in **basic sponge mix** and the **milk** with a spoon until just combined.
- Pour **cake batter** into cake tin covering **pineapple**.



Serve up

- Sprinkle pineapple upside-down cake with toasted almonds.
- Slice and serve. Enjoy!

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