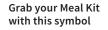


# Cherry-Glazed Steak & Spiced Roast Veggies with Tomato Salad

FAMILY MEAL DEAL

KID FRIENDLY













All-American Spice Blend







Cherry Sauce







Beef Rump

Mixed Salad Leaves

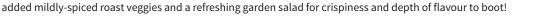




Prep in: 15-25 mins Ready in: 35-45 mins



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!





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

3		
	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

<sup>\*</sup>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		

Odotom recoipe				
Avg Qty	Per Serving	Per 100g		
Energy (kJ)	<b>3034kJ</b> (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.

### We're here to help!

Scan here if you have any questions or concerns





- 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.



### 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.



### 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.



### Serve up

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

### Rate your recipe

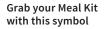
Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate



## Pineapple Upside-Down Cake

with Almonds

FAMILY MEAL DEAL









Pineapple Slices

Brown Sugar



**Basic Sponge** 

Flaked Almonds



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

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*	⅓ cup
flaked almonds	1 packet

<sup>\*</sup>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 baseed on 4 servings.

### **Allergens**

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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 qet light and fluffy!



### 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.



### 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**.



### 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.



### 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.



### Serve up

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

