



Peppered Beef Rump

with Garlicky Roast Veggie Toss & Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Beetroot



Onion



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Beef Rump



Baby Leaves



Garlic Aioli



Beef Rump

Prep in: 10-20 mins
Ready in: 30-40 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

A crispy stack of colourful roasted veggies creates the base for a steak dish of joyous proportions. Tender slices of beef rump are adorned in pepper and topped by aioli to take things up a notch. Now, if that doesn't sound like heaven on earth, 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, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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
potato	2	4
beetroot	1	2
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 small packet	1 medium packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	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)	2696kJ (644Cal)	375kJ (90Cal)
Protein (g)	42.5g	5.9g
Fat, total (g)	24.4g	3.4g
- saturated (g)	5.9g	0.8g
Carbohydrate (g)	62.9g	8.8g
- sugars (g)	31.3g	4.4g
Sodium (mg)	755mg	105mg
Dietary Fibre (g)	12.9g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3510kJ (839Cal)	404kJ (97Cal)
Protein (g)	74.4g	8.6g
Fat, total (g)	31.9g	3.7g
- saturated (g)	9.9g	1.1g
Carbohydrate (g)	62.9g	7.2g
- sugars (g)	31.3g	3.6g
Sodium (mg)	829mg	96mg
Dietary fibre	12.9g	1.5g

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 | CW23

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Cut **onion (see ingredients)** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **garlic & herb seasoning** and a pinch of **salt**, and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.
- When the veggies have **15 minutes** cook time remaining, add **peeled pumpkin pieces** to the tray and cook until tender.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Cook the steak

- When veggies have **10 minutes** remaining, heat a large frying pan over 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.
- When the **veggies** are done, add **baby leaves** and a drizzle of **white wine vinegar** to the tray and gently toss to combine.

2



Prep the steak

- Meanwhile, place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Season **beef** with **salt** and generously with **pepper**.

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

Custom Recipe: If you've doubled your beef rump, prepare as above and cook in batches for best results.

4



Serve up

- Thinly slice peppered beef.
- Divide roast veggie toss between plates. Top with beef rump.
- Serve with **garlic aioli**. Enjoy!

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