Peppered Beef Rump with Garlicky Roast Veggie Toss & Aioli

KID FRIENDLY









Garlic & Herb Seasoning





Beef Rump

Peeled Pumpkin Pieces

Baby Leaves



Garlic Aioli



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!



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	1/2	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.

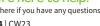
Allergens

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







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.



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.



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.



Serve up

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