

Easy Seared Garlic Butter Rump Steak

with Roast Root Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY

Grab your meal kit with this number

13



Onion



Potato



Beetroot



Garlic



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Beef Rump



Baby Leaves



Creamy Pesto Dressing



Beef Rump



Broccoli Florets

Prep in: 15-25 mins
Ready in: 30-40 mins

 Calorie Smart

We've dug deep to create this stunning meal for tonight's dinner. A roast root veggie toss, with pops of colour from the beetroot, adds an earthy flavour to the succulent beef rump, slathered in a buttery garlic sauce. We know you will be excavating this plate down to the last crumb.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
onion	½	1
potato	1	2
beetroot	1	2
garlic	1 clove	2 cloves
peeled pumpkin pieces	1 small packet	1 medium packet
garlic & herb seasoning	1 medium sachet	1 large sachet
beef rump	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2321kJ (555Cal)	447kJ (107Cal)
Protein (g)	38.3g	7.4g
Fat, total (g)	28.9g	5.6g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	35.2g	6.8g
- sugars (g)	20.5g	3.9g
Sodium (mg)	775mg	149mg
Dietary Fibre (g)	7.9g	g

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.

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion (see ingredients)**, **potato** and **beetroot** into bite-sized chunks. Finely chop **garlic**.
- Place **onion**, **potato**, **peeled pumpkin pieces** and **beetroot** on a lined oven tray. Sprinkle with **garlic & herb seasoning** and drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. Allow to cool slightly.

Little cooks: Help toss the veggies!

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



Bring it all together

- Add **baby leaves** and a drizzle of **white wine vinegar** to the tray with the roasted veggies. Toss to combine and season to taste.

2



Cook the steak

- When the veggies have **10 minutes** remaining, 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 **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.
- In the **last 1-2 minutes** of cook time, add **garlic** and the **butter**, then season with **salt** and **pepper**. Transfer to a plate to rest.

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

4



Serve up

- Slice seared garlic butter steak.
- Divide steak and roast root veggie toss between plates.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the dressing!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD BROCCOLI FLORETS

Add to the oven tray and roast for 20 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

