



Seared Beef Rump & Root Veggie Toss

with Baby Leaves & Garlic Aioli

KID FRIENDLY

Grab your meal kit with this number

14



Potato



Beetroot



Onion



Garlic & Herb Seasoning



Peeled Pumpkin Pieces



Beef Rump



Baby Leaves



Garlic Aioli



Beef Rump



Chicken Breast

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



Protein Rich



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 seasoned and topped with a garlicky aioli to take things up a notch. Now, if that doesn't sound like heaven on earth, we don't know what does!

Pantry items

Olive Oil, 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
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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638cal)	215kJ (51cal)
Protein (g)	42.4g	3.4g
Fat, total (g)	24.8g	2g
- saturated (g)	5.9g	0.5g
Carbohydrate (g)	62.2g	5g
- sugars (g)	33.4g	2.7g
Sodium (mg)	755mg	60.9mg
Dietary Fibre (g)	10.8g	0.9g

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 10 minutes before slicing.

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 with a fork.

Little cooks: Help toss the veggies!

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

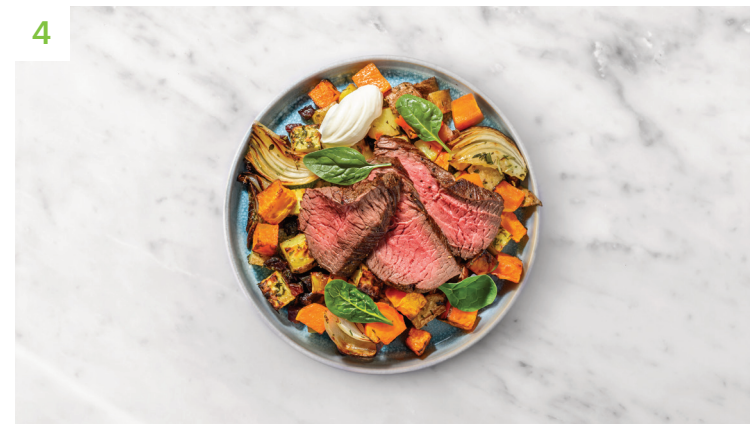


Prep the steak

- 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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

