Seared Rump Steak & Garlic Butter

with Roast Root Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY

Onion

Potato

Beetroot

White Turnip

Garlic

Garlic & Herb Seasoning

Beef Rump

Baby Leaves

Creamy Pesto Dressing

Beef Rump

Broccoli Florets

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

Protein Rich

Carb 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

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
white turnip	1	2
garlic	1 clove	2 cloves
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 OR ½ large packet	1 large packet

***Pantry Items**

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2321kJ (555cal)	199kJ (48cal)
Protein (g)	38.3g	3.3g
Fat, total (g)	28.9g	2.5g
- saturated (g)	10.9g	0.9g
Carbohydrate (g)	35.2g	3g
- sugars (g)	20.5g	1.8g
Sodium (mg)	775mg	66.4mg
Dietary Fibre (g)	7.9g	0.7g

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**.
- Roughly chop **onion (see ingredients)**.
- Peel **potato**, **white turnip** and **beetroot**, then cut into bite-sized chunks.
- Finely chop **garlic**.
- Place **onion**, **potato**, **beetroot** and **turnip** 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**.

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

2

Cook the steak

- *See 'Top Steak Tips' (left)!* 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 generously 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.*

3

Bring it all together

- To the roasted veggies, add **baby leaves** and a drizzle of **white wine vinegar**. Toss to combine and season to taste.

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!*

CUSTOM OPTIONS

DOUBLE BEEF RUMP
Follow method above, cooking in batches if necessary.

ADD BROCCOLI FLORETS
In the final 10 minutes, add broccoli to the oven tray of veggies and roast for a further 10 minutes.

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