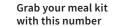


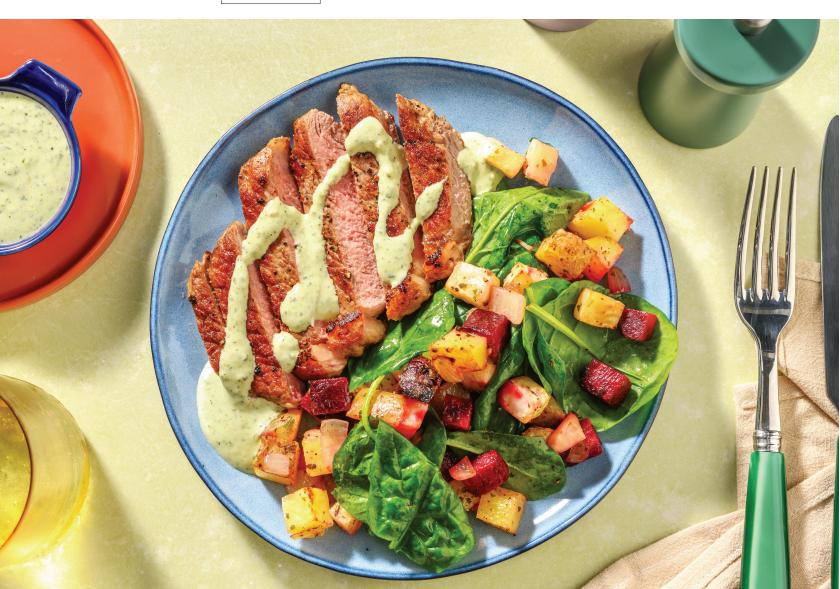
Quick Seared Rump Steak & Garlic Butter

with Roast Root Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY













Potato





White Turnip



Garlic & Herb Seasoning





Beef Rump

Leaves



Creamy Pesto Dressing





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

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

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

ingi ediento			
	2 People	4 People	
olive oil*	refer to method	refer to method	
onion	1/2	1	
potato	1	2	
white turnip	1	2	
beetroot	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	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. Remove steak from fridge 15 minutes before cooking.
- 2. Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
- 4. Let steak rest on a plate for 5 minutes before slicing.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut onion (see ingredients), potato, white turnip and beetroot into bite-sized chunks. Finely chop garlic.
- Place veggies 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.

Little cooks: Help toss the veggies!

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



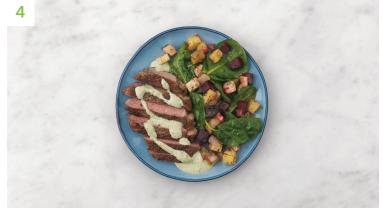
Bring it all together

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



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 (this ensures the beef is nice and tender!). 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 to taste. Transfer to a plate to rest.



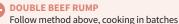
Serve up

- · 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!







if necessary.



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

