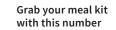


# Seared Beef Rump & Root Veggie Toss

with Baby Leaves & Garlic Aioli

KID FRIENDLY













Onion

Peeled Pumpkin Pieces



Garlic & Herb



Beef Rump

Seasoning





**Baby Leaves** 



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

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

g. •••			
	2 People	4 People	
olive oil*	refer to method	refer to method	
beetroot	1	2	
kumara	2 (medium)	2 (large)	
onion	1/2	1	
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	
baby leaves	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
garlic aioli	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2794kJ (668cal)	225kJ (54cal)
Protein (g)	41.3g	3.3g
Fat, total (g)	24.9g	2g
- saturated (g)	5.9g	0.5g
Carbohydrate (g)	70.4g	5.7g
- sugars (g)	26.2g	2.1g
Sodium (mg)	856mg	69mg
Dietary Fibre (g)	12.2g	1g

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 packaging and set aside at room temperature 15 minutes before cooking.
- 2. Use paper towel to pat steak dry before seasoning.
- 3. 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

- See 'Top Steak Tips' (below left)!
- Preheat oven to 240°C/220°C fan-forced.
- Cut beetroot into 1cm chunks. Cut kumara into bite-sized chunks. Cut onion (see ingredients) into wedges.
- Place beetroot, kumara, onion and peeled pumpkin pieces 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.

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



## 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.



# Serve up

- · Thinly slice beef.
- Divide roast veggie toss between plates. Top with seared beef rump.
- Serve with a dollop of garlic aioli. Enjoy!





## SWAP TO CHICKEN BREAST

