

Seared Beef Rump & Root Veggie Toss

with Baby Leaves & Garlic Aioli

KID FRIENDLY

Grab your meal kit with this number

13



Beetroot



Kumara



Onion



Peeled Pumpkin Pieces



Garlic & Herb Seasoning



Beef Rump



Baby Leaves



Garlic Aioli



Chicken Breast



Beef Rump

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

 Protein Rich

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
beetroot	1	2
kumara	2 (medium)	2 (large)
onion	½	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

*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.

1



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!

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 seared beef rump.
- Serve with a dollop of **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

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

