



# Herby Seared Steak & Veggie Fries

with Onion Chutney Sauce & Radish Salad

MEDITERRANEAN

Grab your meal kit with this number

35



Beetroot



Parsnip



Garlic & Herb Seasoning



Beef Rump



Radish



Onion



Onion Chutney



Mixed Salad Leaves



Beef Rump



Grated Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 35-45 mins

Protein Rich

Carb Smart

A delicious beef steak can win over many hearts, and we believe this herby garlic steak will make yours flutter. If that's not enough though, maybe try one of the veggie fries. To really seal the deal, top the steak with a sweet onion chutney sauce. Yum!

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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
<b>olive oil*</b>	refer to method	refer to method
beetroot	1	2
parsnip	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
beef rump	1 medium packet	2 medium packets OR 1 large packet
radish	2	3
onion	½	1
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
onion chutney	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1755kJ (419cal)	183kJ (44cal)
Protein (g)	37.3g	3.9g
Fat, total (g)	15.2g	1.6g
- saturated (g)	4.8g	0.5g
Carbohydrate (g)	34.8g	3.6g
- sugars (g)	22.1g	2.3g
Sodium (mg)	675mg	70.5mg
Dietary Fibre (g)	9.6g	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](https://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.

## We're here to help!

Scan here if you have any questions or concerns

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## Bake the veggie fries

- See '**Top Steak Tips!**' (below left). Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** and **parsnip** into fries.
- Place **veggies** and half the **garlic & herb seasoning** on a lined tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

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



## Cook the steak

- When the veggies have **10 minutes** cook time remaining, wipe out frying pan, then return to 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.



## Get prepped

- While veggie fries are baking, place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened.
- In a medium bowl, combine the remaining **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef rump** and turn to coat. Set aside.

**TIP:** Pounding the beef ensures that it's extra tender once cooked.



## Toss the salad

- In a second medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**.
- Season, then add **mixed salad leaves** and **radish**. Toss to coat.



## Caramelize the onion

- Thinly slice **radish** and **onion** (see ingredients).
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Add **onion chutney** and a splash of **water**, stirring to combine. Transfer to a bowl.



## Serve up

- Slice herby seared steak.
- Divide steak, veggie fries and radish salad between plates.
- Top steak with onion chutney sauce to serve. Enjoy!

### CUSTOM OPTIONS



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



#### ADD GRATED PARMESAN CHEESE

When veggie fries have 5 minutes remaining, sprinkle over cheese and continue baking until melted.

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

