



Beef Rump & Grilled Veggie Salad

with Homemade Chimichurri Sauce & Charred Lemon

GOOD TO BBQ

NEW

Grab your meal kit with this number

13



Capsicum



Courgette



Onion



Parsley



Lemon



Chilli Flakes (Optional)



Beef Rump



Mixed Salad Leaves



Grated Parmesan Cheese



Beef Rump

Prep in: 25-35 mins
Ready in: 30-40 mins



Protein Rich



Carb Smart

This meal is the perfect excuse to take simple ingredients like beef rump and veggies on a spectacular charred flavour journey when they hit the grill. A zingy homemade chimichurri and zesty chargrilled lemon elevate this meal even more. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Pantry items

Olive Oil

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

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
courgette	1	2
onion	½	1
parsley	1 packet	1 packet
lemon	½	1
chilli flakes (optional) 🌶️	pinch	pinch
beef rump	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1236kJ (308cal)	308kJ (77cal)
Protein (g)	34.7g	8.7g
Fat, total (g)	13.3g	3.3g
- saturated (g)	4.8g	1.2g
Carbohydrate (g)	7.7g	1.9g
- sugars (g)	3.9g	1g
Sodium (mg)	98mg	24.4mg
Dietary Fibre (g)	5.1g	1.3g

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.



Get prepped

- See '**Top Steak Tips!**' (below left).
- Preheat BBQ to high heat.
- Cut **capsicum** into strips.
- Thinly slice **courgette** lengthways.
- Cut **onion** (see ingredients) into wedges.
- In a large bowl, combine **capsicum, courgette, onion** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



Cook the beef

- Grill **beef rump**, turning, for **6-10 minutes** for medium-rare or until cooked to your liking. Transfer to a plate to rest.
- In the last **3 minutes** of beef cooking time, add **lemon**, to the BBQ and grill, cut-side down, until charred.

No BBQ? Return frying pan to high heat with a drizzle of oil. Cook beef rump, turning, for 5-6 minutes (depending on thickness) or until cooked to your liking. Transfer to a plate. Return pan to high heat and cook lemon, cut side down, 1-2 minutes.



Make the chimichurri sauce

- Finely chop **parsley**.
- Zest **lemon** to get a good pinch, then cut in half.
- In a small bowl, combine **parsley, olive oil** (2 tbs 2 people / ¼ cup 4 people), a pinch of **chilli flakes** (if using) and the **lemon zest**. Season to taste and set aside.



Toss the salad

- To the bowl with the veggies, add **mixed salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Cook the veggies

- When BBQ is hot, grill **onion** and **capsicum** on a BBQ grill plate, tossing occasionally, until tender and slightly charred, **8-10 minutes**.
- Meanwhile, add **courgette** to the BBQ and grill until charred and tender, **3-5 minutes** each side.
- Transfer **veggies** to a serving bowl.

No BBQ? Heat a pan over medium-high heat. Cook courgette until tender, 3-5 minutes each side. Transfer to a plate. Return frying pan to medium-high heat with a drizzle of olive oil. Cook capsicum and onion, tossing occasionally, until tender and lightly charred, 6-8 minutes. Transfer to plate with the courgette.



Serve up

- Slice beef.
- Divide beef rump and grilled veggie salad between plates.
- Top beef with homemade chimichurri sauce and serve with charred lemon. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW49



CUSTOM OPTIONS

+ **ADD GRATED PARMESAN CHEESE**
Sprinkle over before serving.

+ **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.

