



Grilled Beef & Charred Baby Broccoli Salad

with Balsamic Glaze

GOOD TO BBQ

NEW

Grab your meal kit with this number

13



Cucumber



Baby Broccoli



Garlic



Beef Rump



Classic Roast Seasoning



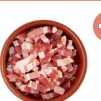
Mixed Salad Leaves



Balsamic Glaze



Grated Parmesan Cheese



Diced Bacon

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

Protein Rich

Carb Smart

Turn up the heat with our latest barbecue creation! Juicy, flame-kissed beef rump brings smoky flavours, while charred baby broccoli adds a vibrant contrast. Tossed with fresh greens and a melted garlic-spiked butter, it's a hearty salad that celebrates the best of outdoor grilling flavours.

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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
cucumber	1 (medium)	1 (large)
baby broccoli	1 medium bunch	2 medium bunches
garlic	2 cloves	4 cloves
beef rump	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
butter*	15g	30g
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
balsamic glaze	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1565kJ (374Cal)	411kJ (98Cal)
Protein (g)	37g	9.7g
Fat, total (g)	19.5g	5.1g
- saturated (g)	8.9g	2.3g
Carbohydrate (g)	10.5g	2.8g
- sugars (g)	8.2g	2.2g
Sodium (mg)	670mg	176mg
Dietary Fibre (g)	4.9g	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.



Prep the veggies

- See '**Top Steak Tips!**' (below left).
- Preheat BBQ to high heat.
- Slice **cucumber** into half-moons.
- Trim **baby broccoli**.
- Finely chop **garlic**.
- In a medium bowl, combine **baby broccoli**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.



Cook the beef

- Meanwhile, grill **beef rump**, turning, for **6-10 minutes** for medium-rare or until cooked to your liking. Transfer to a plate and leave to rest for **5 minutes**.

No BBQ? Return frying pan to high heat with a drizzle of olive oil. When oil is hot, cook beef, for 2 minutes each side for medium-rare, or until cooked to your liking.



Prep the beef

- In a medium bowl, combine **beef rump**, **classic roast seasoning** and a drizzle of **olive oil**.



Toss the salad

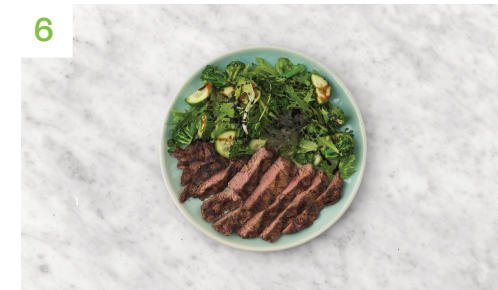
- In a small microwave-safe bowl, place **garlic**, the **butter** and a pinch of **salt**, then microwave in **10 second** bursts until melted.
- Roughly chop charred **baby broccoli**.
- In a large bowl, combine **baby broccoli**, **melted garlic butter**, **mixed salad leaves**, **cucumber** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Cook the baby broccoli

- When BBQ is hot, grill **baby broccoli**, turning occasionally, until tender, **3-5 minutes**.

No BBQ? Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook baby broccoli, tossing, until tender, 6-8 minutes.



Serve up

- Slice beef.
- Divide grilled beef and charred baby broccoli salad between plates.
- Drizzle over **balsamic glaze** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



CUSTOM OPTIONS

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

+ **ADD DICED BACON**
Cook with baby broccoli, tossing occasionally, 4-6 minutes. Add to salad.

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

