



Garlic Butter Steak

with Roast Veggie Toss & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Red Onion



Potato



White Turnip



Beetroot



Garlic



Aussie Spice Blend



Beef Rump



Baby Spinach Leaves



Creamy Pesto Dressing

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Calorie Smart

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef rump with a creamy pesto dressing, golden roasted veggies and an aromatic garlic butter combine to make a special meal that'll have you buzzing too!

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
red onion	1 (medium)	1 (large)
potato	1	2
white turnip	1	2
beetroot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	1 sachet	1 sachet
beef rump	1 packet	1 packet
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2174kJ (520Cal)	408kJ (98Cal)
Protein (g)	38.6g	7.3g
Fat, total (g)	24.5g	4.6g
- saturated (g)	9.7g	1.8g
Carbohydrate (g)	35g	6.6g
- sugars (g)	20g	3.8g
Sodium (mg)	874mg	164mg

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://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **red onion, potato** and **white turnip** into bite-sized chunks. Cut **beetroot** into small chunks. Finely chop **garlic**.
- Place **onion, potato** and **turnip** on a lined oven tray. Sprinkle with the **Aussie spice blend** and drizzle with **olive oil**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide between two trays.

3



Bring it all together

- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to the roasted **veggies**.
- Toss to combine and season to taste.

2



Cook the steak

- When the veggies have **10 minutes** cook time remaining, 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 **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking.
- In the last **1-2 minutes** of steak cook time, add **garlic** and the **butter**, then season with **salt** and **pepper**. Transfer to a plate to rest.

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

4



Serve up

- Slice seared garlic butter steak.
- Divide steak and roast veggie toss between plates.
- Drizzle with **creamy pesto dressing** to serve.

Enjoy!