

# Garlic Butter Steak

with Spiced Roasted Veggies & Balsamic Salad

Grab your Meal Kit with this symbol



Carrot



Potato



Aussie Spice Blend



Garlic



Radish



Chilli Flakes (Optional)



Beef Rump







Mixed Leaves



Mayonnaise

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: **20-30 mins**
-  Carb Smart
-  Ready in: **30-40 mins**
-  Spicy (optional chilli flakes)

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef rump with a creamy mayonnaise, 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, Balsamic 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
carrot	1	2
potato	1	2
Aussie spice blend	1 sachet	1 sachet
garlic	2 cloves	4 cloves
radish	2	4
butter*	30g	60g
chilli flakes (optional)	pinch	pinch
beef rump	1 packet	1 packet
mixed leaves	1 small bag	1 medium bag
balsamic vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2344kJ (560Cal)	545kJ (130Cal)
Protein (g)	35.8g	8.3g
Fat, total (g)	35.1g	8.2g
- saturated (g)	14g	3.3g
Carbohydrate (g)	25.5g	5.9g
- sugars (g)	10.5g	2.4g
Sodium (mg)	826mg	192mg
Dietary Fibre (g)	6.5g	1.5g

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.



## Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **potato** into bite-sized chunks. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **Aussie spice blend** and season with **salt**. Toss to coat, spread out evenly, then roast until tender and brown around the edges, **20-25 minutes**.



## Cook the beef

When the veggies have **10 minutes** cook time 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. Remove pan from the heat, then add **garlic butter** and turn the **beef** to coat. Transfer to a plate to rest.



## Get prepped

While the veggies are roasting, finely chop **garlic**. Thinly slice **radish**.



## Toss the salad

In a large bowl, combine **radish**, **mixed leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



## Prep the butter & beef

Place the **butter**, **garlic** and a pinch of **chilli flakes** (if using) in a small bowl, then mash together with a fork. Season with **salt** and **pepper**. Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**.

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



## Serve up

Slice steak. Divide spiced roasted veggies and balsamic salad between bowls. Top with steak, spooning over any remaining garlic butter from the pan. Serve with **mayonnaise**.

Enjoy!