

# Easy Seared Garlic Butter Steak

with Roast Veggie Toss & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Onion



Potato



White Turnip



Beetroot



Garlic



Aussie Spice Blend



Baby Spinach Leaves



Creamy Pesto Dressing



Beef Rump

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins  
Ready in: 30-40 mins

Dietitian Approved

Carb Smart

We've dug deep to find and create this stunning meal for tonight's dinner. A roast root veggie toss, with pops of colour from the beetroot, adds an earthen texture to the succulent beef rump, slathered in a buttery garlic sauce. We know you will be excavating this plate down to the last crumb.

### 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
<b>olive oil*</b>	refer to method	refer to method
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
<b>butter*</b>	20g	40g
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2189kJ (523Cal)	411kJ (98Cal)
Protein (g)	38.5g	7.2g
Fat, total (g)	24.8g	4.7g
- saturated (g)	9.7g	1.8g
Carbohydrate (g)	35.1g	6.6g
- sugars (g)	19g	3.6g
Sodium (mg)	881mg	165mg
Dietary Fibre (g)	8.4g	1.6g

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.

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **onion, potato** and **white turnip** into bite-sized chunks. Cut **beetroot** into small chunks. Finely chop **garlic**.
- Place **onion, potato, beetroot** and **turnip** on a lined oven tray. Sprinkle with **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.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

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 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!

We're here to help!

Scan here if you have any questions or concerns

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