



# Easy Garlic & Herb Beef

with Roast Veggie Toss & Peppercorn Aioli

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic & Herb Seasoning



Beef Rump



Black Peppercorns



Garlic Aioli



Baby Spinach Leaves

Hands-on: 10-20 mins  
Ready in: 30-40 mins

Calorie Smart

A crispy stack of colourful roasted veggies creates the base for a steak dish of joyous proportions. Tender slices of beef rump are adorned in herby seasoning and topped by peppercorn aioli to take things up a notch. Now, if that doesn't sound like heaven on earth, we don't know what does!

### Pantry items

Olive Oil, 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
potato	2	4
carrot	1	2
beetroot	1	2
garlic & herb seasoning	1 sachet	1 sachet
beef rump	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
garlic aioli	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2468kJ (589Cal)	414kJ (98Cal)
Protein (g)	39.7g	6.7g
Fat, total (g)	25.2g	4.2g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	50.7g	8.5g
- sugars (g)	24.1g	4g
Sodium (mg)	825mg	138mg

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.

## Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into wedges. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

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

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## Make the peppercorn aioli

- While the beef is resting, lightly crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- In a small bowl, combine crushed **peppercorns** and **garlic aioli**.
- When the veggies are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray and gently toss to combine.

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## Cook the beef

See **Top Steak Tips (bottom left)** for extra info!

- Meanwhile, 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 medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **beef** and turn to coat.
- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a 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. Transfer to a plate to rest.

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

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## Serve up

- Slice garlic and herb beef.
- Divide beef and roasted veggie toss between plates.
- Serve with peppercorn aioli.

## Enjoy!