



SEARED LEMON-PEPPER BEEF

with Roast Potatoes & Mustard Veggies



Add mustard to veggies for extra flavour



Potato



Broccoli



Carrot



Garlic



Beef Rump



Lemon Pepper Spice Blend



Dijon Mustard



Garlic Aioli

Pantry Staples: Olive Oil

Hands-on: **15-25 mins**
Ready in: **35-45 mins**

Low calorie

F **1** Eat me first

The trick to making your veggie sides as good as the main event? Just give them a little TLC! With a few classic flavours, this broccoli and carrot more than holds its own with succulent lemon pepper beef.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper**
- **medium frying pan**



1 ROAST THE POTATO

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm chunks. Place the **potato** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.
TIP: Cut the potato to the correct size so it cooks in the allocated time!



2 GET PREPPED

While the potato is roasting, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). In a medium bowl, place the **beef rump**, **lemon pepper spice blend**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Toss to coat and set aside.



3 COOK THE VEGGIES

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccoli**, **carrot** and a **splash** of **water** and cook, tossing occasionally, until tender, **7-8 minutes**.



4 ADD FLAVOUR TO THE VEGGIES

Add the **garlic** and cook until fragrant, **1 minute**. Add the **Dijon mustard**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** and stir to coat the veggies. Transfer to a medium bowl and cover to keep warm.



5 COOK THE BEEF

Return the frying pan to a high heat and add the lemon pepper **beef**. Cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking.
TIP: This will give you a medium steak. Cook a little less for rare or a little longer for well done. Transfer to a plate, cover with foil and rest for **5 minutes**.



6 SERVE UP

Thinly slice the lemon pepper beef. Divide the seared lemon pepper beef, roast potatoes and mustard veggies between plates. Serve with **garlic aioli**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
beef rump	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
Dijon mustard	1 packet (15g)	1 packet (40g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2210kJ (527Cal)	373kJ (89Cal)
Protein (g)	43.8g	7.4g
Fat, total (g)	20.8g	3.5g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	35.1g	5.9g
- sugars (g)	6.9g	1.2g
Sodium (g)	474mg	80mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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2020 | WK07

