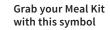


Lemon-Pepper Beef Rump & Baby Broccoli with Roast Potato & Dijon Green Beans

KID FRIENDLY















Green Beans



Beef Rump









Dijon Mustard





Prep in: 15-25 mins Ready in: 35-45 mins

Carb Smart

The trick to making your sides as good as the main event? Just give them a little TLC! With a few classic flavours, the Dijon green beans and baby broccoli and roast potatoes more than hold their own with succulent lemon pepper beef.



Pantry items Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper \cdot Large frying pan

Ingredients

| _ | | |
|---------------------------|-----------------|-----------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| baby broccoli | 1 bunch | 2 bunches |
| green beans | 1 small bag | 1 medium bag |
| garlic | 1 clove | 2 cloves |
| beef rump | 1 small packet | 1 large packet |
| lemon pepper seasoning | ½ medium sachet | 1 medium sachet |
| Dijon mustard | 1 packet | 2 packets |
| garlic aioli | 1 medium packet | 1 large packet |
| beef rump** | 1 small packet | 1 large packet |
| | | |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 2003kJ (479Cal) | 379kJ (91Cal) |
| Protein (g) | 40.2g | 7.6g |
| Fat, total (g) | 22.2g | 4.2g |
| - saturated (g) | 2.8g | 0.5g |
| Carbohydrate (g) | 28.6g | 5.4g |
| - sugars (g) | 8.5g | 1.6g |
| Sodium (mg) | 622mg | 118mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------------|
| Energy (kJ) | 2678kJ (640Cal) | 395kJ (94Cal) |
| Protein (g) | 70.8g | 10.4g |
| Fat, total (g) | 26.4g | 3.9g |
| - saturated (g) | 4.3g | 0.6g |
| Carbohydrate (g) | 28.6g | 4.2g |
| - sugars (g) | 8.5g | 1.3g |
| Sodium (mg) | 697mg | 103mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for alle

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks.
- Place potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Roast until tender, 20-25 minutes.

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



Cook the veggies & beef

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Add green beans and baby broccoli and cook tossing, until tender, 4-5 minutes.
- Add garlic and a drizzle of olive oil. Cook until fragrant, 1 minute.
- Add Dijon mustard and a drizzle of olive oil, tossing veggies to coat. Season to taste. Transfer to a bowl, then cover to keep warm.
- Wipe out frying pan and return to high heat with a drizzle of olive oil. Cook beef, turning, for 3-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest (the beef will keep cooking as it rests!).

Custom Recipe: Cook beef rump in batches if your pan is getting crowded.



Get prepped

- Meanwhile, trim baby broccoli and green beans. Finely chop garlic.
- Place beef rump between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender!).
 Season with salt and pepper.
- In a medium bowl, combine lemon pepper seasoning (see ingredients), a
 drizzle of olive oil and a pinch of salt and pepper. Add beef, turning to coat.

Custom Recipe: If you've doubled your beef rump, season as above.



Serve up

- Slice lemon-pepper beef rump.
- Divide beef, roast potato and Dijon green beans and baby broccoli between plates.
- · Serve with garlic aioli. Enjoy!



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns