



Lemon Pepper Steak & Cherry Tomato Salad

with Veggie Fries, Spinach-Fennel Mix & Mayo

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Potato



Beef Rump



Lemon Pepper Seasoning



Snacking Tomatoes



Spinach, Rocket & Fennel Mix



Mayonnaise



Beef Rump

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

Fancy an easy low-carb meal tonight? With succulent seared steak, cooked with classic lemon pepper seasoning, bright veggie fries and a garden salad to round out the meal perfectly, you're really in for a treat!

Carb Smart

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
snacking tomatoes	1 punnet	2 punnets
white wine vinegar**	drizzle	drizzle
spinach, rocket & fennel mix	1 medium bag	2 medium bags
mayonnaise	1 medium packet	1 large packet
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1523kJ (364Cal)	317kJ (76Cal)
Protein (g)	35g	7.3g
Fat, total (g)	14.7g	3.1g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	21.6g	4.5g
- sugars (g)	9.3g	1.9g
Sodium (mg)	570mg	119mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2198kJ (525Cal)	348kJ (83Cal)
Protein (g)	65.6g	10.4g
Fat, total (g)	18.9g	3g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	21.6g	3.4g
- sugars (g)	9.3g	1.5g
Sodium (mg)	645mg	102mg

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 allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **potato** into fries.
- Spread **veggie fries** over a large microwave-safe plate. Cover with damp paper towel. Microwave fries on high, **4 minutes**.
- Drain any excess liquid, then place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **10-15 minutes**.

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

3



Get prepped

- While the steak is resting, halve **snacking tomatoes**.
- In a large bowl, combine a drizzle of the **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **spinach, rocket & fennel mix** and **snacking tomatoes**. Toss to combine.

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.

2



Cook the steak

- See '**Top Steak Tips!**' (*below*). Meanwhile, 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 once cooked!
- 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. In the last **minute** of cook time, add **lemon pepper seasoning** and turn to coat. Transfer to a plate to rest.

Custom Recipe: If you've doubled your beef rump, cook in batches for the best result.

4



Serve up

- Slice lemon pepper steak.
- Divide steak, veggie fries and salad between plates.
- Serve with **mayonnaise**. Enjoy!

Rate your recipe

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