



# Beef Rump & Roast Veggie Medley with Mustard Mayo Sauce

DIETITIAN APPROVED

Grab your Meal Kit  
with this symbol



Carrot



Sweet Potato



Beetroot



Beef Rump



Baby Spinach  
Leaves



Mustard Mayo



Beef Rump

Prep in: **20-30** mins  
Ready in: **35-45** mins

*\*Custom Recipe is not  
Dietitian Approved or  
Calorie Smart*



From the juicy steak to the vibrant veggie medley and our moreish mustard mayo to top it off, you can't go wrong with this carb conscious dish.

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

### Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
sweet potato	2	4
beetroot	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
baby spinach leaves	1 medium bag	1 large bag
mustard mayo	1 medium packet	2 medium packets
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)	2115kJ (505Cal)	362kJ (87Cal)
Protein (g)	37.9g	6.5g
Fat, total (g)	19.5g	3.3g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	44.3g	7.6g
- sugars (g)	26.4g	4.5g
Sodium (mg)	450mg	77mg
Dietary Fibre (g)	12.7g	2.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2790kJ (667Cal)	380kJ (91Cal)
Protein (g)	68.5g	9.3g
Fat, total (g)	23.7g	3.2g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	44.3g	6g
- sugars (g)	26.4g	3.6g
Sodium (mg)	525mg	71mg

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](https://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



## Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **carrot** into rounds.
- Cut **sweet potato** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.



## Roast the veggies

- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until just tender, **20-25 minutes**.

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



## Prep the steak

- See '**Top Steak Tips!**' (below). Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Season with **salt** and **pepper**.

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



## Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

**TIP:** The steak will keep cooking as it rests.

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



## Toss the veggies

- While steak is resting, add the **vinegar** and **baby spinach leaves** to the roast veggie tray.
- Gently toss to combine.



## Serve up

- Slice the seared steak.
- Divide steak and roast veggie toss between plates. Spoon any resting juices over steak.
- Top with a dollop of **mustard mayo** to serve. Enjoy!

### 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.

### Rate your recipe

Did we make your tastebuds happy?

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