



# Chimichurri Beef Rump & Tomato-Rocket Medley with Roasted Veggies

Grab your Meal Kit with this symbol



Carrot



Beetroot



Snacking Tomatoes



Chimichurri Sauce



Mayonnaise



Beef Rump



Spinach, Rocket & Fennel Mix



Beef Rump

Prep in: 20-30 mins  
Ready in: 30-40 mins

Carb Smart

Tasty chimichurri beef rump, check, a bountiful veggie bowl, check and one hungry chef? Check. Add this one to your HF repertoire. We know you'll want to make it over and over again!

**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
beetroot	1	2
snacking tomatoes	1 punnet	2 punnets
chimichurri sauce	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
beef rump	1 small packet	2 small packets OR 1 large packet
spinach, rocket & fennel mix	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
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)	1860kJ (445Cal)	380kJ (91Cal)
Protein (g)	34.9g	7.1g
Fat, total (g)	25.6g	5.2g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	18.2g	3.7g
- sugars (g)	14.8g	3g
Sodium (mg)	423mg	86mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2535kJ (606Cal)	396kJ (95Cal)
Protein (g)	65.5g	10.2g
Fat, total (g)	29.8g	4.7g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	18.2g	2.8g
- sugars (g)	14.8g	2.3g
Sodium (mg)	498mg	78mg

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



1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.
- Allow **veggies** to cool slightly after roasting.

4



## Cook the beef

- When veggies have **10 minutes** cook time remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. Season **beef** with **salt** and **pepper**.
- 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.

**Custom Recipe:** Cook beef rump as above, cooking in batches for best results.

### 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



## Get prepped

- Meanwhile, slice **snacking tomatoes** in half.
- In a small bowl, combine **chimichurri sauce** and **mayonnaise**.

5



## Bring it all together

- While beef is resting, add **tomatoes**, **spinach**, **rocket & fennel mix** and a drizzle of the **vinegar** and **olive oil** to the tray with the roast veggies.
- Toss to combine and season to taste.

3



## Season the beef

- 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.

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

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

6



## Serve up

- Slice beef rump.
- Divide roast veggies, tomato-rocket medley and beef rump between plates.
- Top with chimichurri mayo to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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