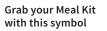


Chimichurri Beef Rump & Tomato-Rocket Medley with Roasted Veggies

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Snacking Tomatoes

Chimichurri Sauce





Mayonnaise

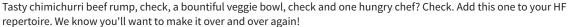
Beef Rump



Spinach, Rocket & Fennel Mix



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





Carb Smart

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

ingi caicites				
	2 People	4 People		
olive oil*	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		
vinegar* (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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.







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.



Get prepped

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



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.



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.



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.



Serve up

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

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate