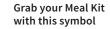


Seared Rump & Sprout-Dutch Carrot Toss with Cherry Tomato Salad & Peppercorn Aioli

KID FRIENDLY











Brussels Sprouts



Dutch Carrots



Beef Rump

Black Peppercorns









Garlic & Herb Seasoning



Garlic Aioli





Baby Spinach Leaves



Prep in: 15-25 mins Ready in: 30-40 mins



A crispy stack of colourful roasted veggies creates the base for a steak dish of joyous proportions. Tender slices of beef rump are adorned in herby seasoning and topped by peppercorn aioli to take things up a notch. Now, if that doesn't sound like heaven on earth, we don't know what does!

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
Brussels sprouts	1 medium bag	1 large bag		
Dutch carrots	1 bag	2 bags		
beef rump	1 small packet	2 small packets OR 1 large packet		
garlic & herb seasoning	1 medium sachet	1 large sachet		
black peppercorns	1 medium sachet	1 large sachet		
garlic aioli	1 medium packet	1 large packet		
snacking tomatoes	1 punnet	2 punnets		
baby spinach leaves	1 small bag	1 medium bag		
white wine vinegar*	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)	2300kJ (550Cal)	360kJ (86Cal)		
Protein (g)	40.5g	6.3g		
Fat, total (g)	27g	4.2g		
- saturated (g)	3.5g	0.5g		
Carbohydrate (g)	34.9g	5.5g		
- sugars (g)	11.2g	1.8g		
Sodium (mg)	604mg	94mg		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2975kJ (711Cal)	377kJ (90Cal)
Protein (g)	71.1g	9g
Fat, total (g)	31.2g	4g
- saturated (g)	5g	0.6g
Carbohydrate (g)	34.9g	4.4g
- sugars (g)	11.2g	1.4g
Sodium (mg)	679mg	86mg

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut potato into bite-sized chunks.
 Halve Brussels sprouts. Trim green tops from Dutch carrots and scrub
 them clean.
- Place potato and Dutch carrots on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Spread out evenly, then roast until tender, 20-25 minutes.
- When carrots have 20 minutes remaining, place Brussels sprouts on a second lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Arrange cut-side down and roast until tender, 15-18 minutes (Brussels sprouts may slightly char, this adds to the flavour!).



Make the peppercorn aioli

- While beef is resting, lightly crush black peppercorns with a mortar and pestle or in their sachet using a rolling pin.
- In a small bowl, combine crushed **peppercorns** and **garlic aioli**.
- Halve snacking tomatoes. In a second medium bowl, combine baby spinach, tomato, a drizzle of white wine vinegar and olive oil. Season.



Cook the beef

- See 'Top Steak Tips!' (below). Meanwhile, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef with salt and pepper.
- In a medium bowl, combine garlic & herb seasoning and a drizzle of olive oil. Add beef and turn to coat.
- When veggies have 10 minutes cook time remaining, heat a large frying pan over high heat with a drizzle of olive oil. 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: If you've doubled your beef, prep and cook in batches as above.



Serve up

- Slice seared beef rump.
- Divide beef, roasted potatoes, Dutch carrots and Brussels sprouts between plates.
- Serve with cherry tomato salad and peppercorn aioli. 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

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