



Seared Rump & Sprout-Dutch Carrot Toss

with Cherry Tomato Salad & Peppercorn Aioli

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Brussels Sprouts



Dutch Carrots



Beef Rump



Garlic & Herb Seasoning



Black Peppercorns



Garlic Aioli



Snacking Tomatoes



Baby Spinach Leaves



Beef Rump

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

Carb Smart*
*Custom Recipe is not Carb Smart

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!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	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



1



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!).

3



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.

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 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.

4



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!

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