



Chimichurri Beef Rump & Roast Veggies

with Pear Salad

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Potato



Pear



Chimichurri Sauce



Mayonnaise



Beef Rump



Mixed Salad Leaves



Beef Rump

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

Carb Smart

Tasty chimichurri beef rump, check, tasty veggie fries, check and one hungry chef? Check. Add this one to your HF repertoire. We know you'll want to make this one 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
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
pear	½	1
chimichurri sauce	1 medium packet	1 large packet
mayonnaise	1 packet (40g)	1 packet (80g)
beef rump	1 small packet	2 small packets OR 1 large packet
mixed salad leaves	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)	1985kJ (474Cal)	441kJ (105Cal)
Protein (g)	35g	7.8g
Fat, total (g)	25.4g	5.6g
- saturated (g)	3.2g	0.7g
Carbohydrate (g)	24.4g	5.4g
- sugars (g)	13.5g	3g
Sodium (mg)	369mg	82mg
Dietary Fibre (g)	7.5g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2660kJ (636Cal)	443kJ (106Cal)
Protein (g)	65.6g	10.9g
Fat, total (g)	29.6g	4.9g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	24.4g	4.1g
- sugars (g)	13.5g	2.2g
Sodium (mg)	444mg	74mg
Dietary Fibre (g)	7.5g	1.2g

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 **carrot** and **potato** into fries.
- 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** 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: Cook beef rump 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, thinly slice **pear** (see ingredients).
- In a small bowl, combine **chimichurri sauce** and **mayonnaise**.

5



Bring it all together

- While beef is resting, in a medium bowl, add **pear**, **mixed salad leaves** and a drizzle of the **vinegar** and **olive oil**. Toss to combine and season to taste.

3



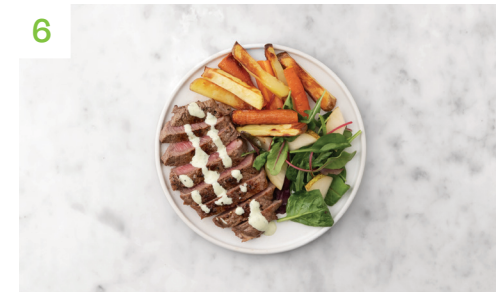
Season the beef

- 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.
- Season beef with **salt** and **pepper**.

TIP: If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.

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

6



Serve up

- Slice beef rump.
- Divide roast veggies, pear salad and beef rump between plates.
- Drizzle chimichurri mayo over beef rump to serve. Enjoy!

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