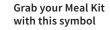


Beef Rump & Roast Veggie Medley with Mustard Mayo Sauce

DIETITIAN APPROVED*

















Baby Spinach



Leaves



Prep in: 20-30 mins Ready in: 35-45 mins

Dietitian Approved or Calorie Smart Calorie Smart*

*Custom Recipe is not

From the juicy steak to the vibrant veggie medley and our moreish mustard mayo to top it off, you can't go wrong with this carb conscious dish.

Olive Oil, Vinegar (White Wine or Balsamić)

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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
sweet potato	2	4		
beetroot	1	2		
beef rump	1 small packet	2 small packets OR 1 large packet		
vinegar* (white wine or balsamic)	drizzle	drizzle		
baby spinach leaves	1 small bag	1 medium bag		
mustard mayo	1 medium packet	2 medium packets		
beef rump**	1 small packet	2 small packets OR 1 large packet		
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^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2111kJ (505Cal)	361kJ (86Cal)
Protein (g)	37.9g	6.5g
Fat, total (g)	19.5g	3.3g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	44.3g	7.6g
- sugars (g)	26.4g	4.5g
Sodium (mg)	450mg	77mg
Dietary Fibre (g)	12.7g	2.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2786kJ (666Cal)	379kJ (91Cal)
Protein (g)	68.5g	9.3g
Fat, total (g)	23.7g	3.2g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	44.3g	6g
- sugars (g)	26.4g	3.6g
Sodium (mg)	525mg	71mg

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.



Prep the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Thickly slice carrot into rounds.
- Cut sweet potato into bite-sized chunks.
- · Cut beetroot into 1cm chunks.



Roast the veggies

- Place prepped veggies on a lined oven tray.
 Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until just tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Prep the steak

- 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 (this ensures that it's extra tender once cooked).
- · Season 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.



Cook the steak

- In a large frying pan, heat a drizzle of olive oil over high heat.
- 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.

TIP: The steak will keep cooking as it rests.

Custom Recipe: Cook beef in batches for best results.



Toss the veggies

- While steak is resting, add the vinegar and baby spinach leaves to the roast veggie tray.
- · Gently toss to combine.



Serve up

- · Slice the seared steak.
- Divide steak and roast veggie toss between plates. Spoon any resting juices over steak.
- Top with a dollop of mustard 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 springyand well-done is firm.
- 3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate



Scan here if you have any questions or concerns