



Beef Rump & Roast Veggie Medley

with Mustard Mayo Sauce

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Beetroot



Beef Rump



Baby Spinach Leaves



Mustard Mayo



Beef Rump

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

**Custom Recipe is not
Dietitian Approved or
Calorie Smart*



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.

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
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

*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.

We're here to help!

Scan here if you have any questions or concerns



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.
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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