



Moroccan Beef Rump & Sesame Veggie Fries

with Tomato Garden Salad & Garlic Sauce

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Beetroot



Mixed Sesame Seeds



Snacking Tomatoes



Beef Rump



Ras El Hanout



Mixed Salad Leaves

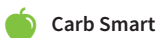


Garlic Sauce



Beef Rump

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



Nip that steak craving in the bud with this delight of a recipe. To keep the carbs in check, we've swapped potato with carrot and beetroot! While they bake with a good sprinkle of sesame seeds, sear the rump in the pan with three game-changing ingredients: butter, honey and our ras el hanout spice blend.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Honey, 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

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
beetroot	1	2
mixed sesame seeds	1 medium sachet	1 large sachet
snacking tomatoes	½ punnet	1 punnet
beef rump	1 small packet	2 small packets OR 1 large packet
ras el hanout	1 medium sachet	1 large sachet
butter*	15g	30g
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic sauce	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)	1729kJ (413Cal)	371kJ (89Cal)
Protein (g)	36.3g	7.8g
Fat, total (g)	21.1g	4.5g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	18.9g	4.1g
- sugars (g)	15.4g	3.3g
Sodium (mg)	454mg	97mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2404kJ (575Cal)	390kJ (93Cal)
Protein (g)	66.9g	10.9g
Fat, total (g)	25.3g	4.1g
- saturated (g)	8.1g	1.3g
Carbohydrate (g)	18.9g	3.1g
- sugars (g)	15.4g	2.5g
Sodium (mg)	529mg	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



Bake the sesame veggie fries

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** and **beetroot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **mixed sesame seeds**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

4



Cook the steak

- Return pan to 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.
- In the **last minute**, add the **butter** and the **honey**, turning **beef** to coat. Transfer to a plate to rest (it will keep cooking while it rests!).

Custom Recipe: Cook beef rump in batches for the 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, halve **snacking tomatoes**.
- **See Top Steak Tips! (below)**. Place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender once cooked), then season.

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 as above.

5



Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **snacking tomatoes** and a drizzle of the **white wine vinegar** and **olive oil**. Season.

3



Flavour the beef

- In a medium bowl, combine **ras el hanout** and a drizzle of **olive oil**. Add **beef**, turning to coat.

6



Serve up

- Slice Moroccan beef rump.
- Divide steak, sesame veggie fries and tomato garden salad between plates.
- Serve with **garlic sauce**. Enjoy!

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