HELLO FRESH

Aussie Beef Rump & Roast Veggie Medley
with Mustard Mayo

DIETITIAN APPROVED*

Carrot

Sweet Potato

Beetroot

Beef Rump

Aussie Spice Blend

Baby Spinach Leaves

Mustard Mayo

Beef Rump

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

*Custom Recipe is not Calorie Smart or Dietitian Approved.

🍏 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 calorie-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)

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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
Aussie spice blend	1 medium sachet	1 large sachet
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)	2129kJ (509Cal)	384kJ (92Cal)
Protein (g)	38.1g	6.9g
Fat, total (g)	19.8g	3.6g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	44.4g	8g
- sugars (g)	25.1g	4.5g
Sodium (mg)	848mg	153mg
Dietary Fibre (g)	11.9g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2804kJ (670Cal)	398kJ (95Cal)
Protein (g)	68.7g	9.7g
Fat, total (g)	24g	3.4g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	44.4g	6.3g
- sugars (g)	25.1g	3.6g
Sodium (mg)	923mg	131mg

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.

1 Prep the veggies

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

2 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.*
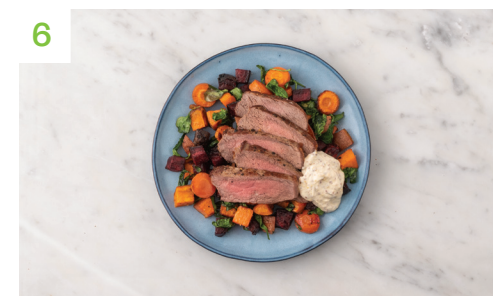

3 Prep the steak

- *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.
- In a medium bowl, combine **beef rump**, **Aussie spice blend**, a drizzle of **olive oil** and a pinch of **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.

4 Cook the steak

- When the veggies have **10 minutes** remaining, 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 the best results.

5 Toss the veggies

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

6 Serve up

- Slice the Aussie beef rump.
- Divide beef and roast veggie medley 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.