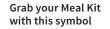


Chimichurri Beef Rump & Roast Veggies

with Pear Salad

DIETITIAN APPROVED*











Chimichurri Sauce





Mayonnaise



Mixed Salad Leaves



Beef Rump



Prep in: 20-30 mins Ready in: 25-35 mins

Carb Smart

*Custom recipe is not Dietitian

Approved

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

in ign danor roo			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
carrot	1	2	
pear	1	2	
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)	1942kJ (464Cal)	472kJ (113Cal)
Protein (g)	34.8g	8.5g
Fat, total (g)	25.4g	6.2g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	22.1g	5.4g
- sugars (g)	11.4g	2.8g
Sodium (mg)	352mg	85mg
Dietary Fibre (g)	6.3g	1.5g

Custom Recipe

Per Serving	Per 100g
2617kJ (625Cal)	466kJ (111Cal)
65.4g	11.6g
29.6g	5.3g
4.7g	0.8g
22.1g	3.9g
11.4g	2g
427mg	76mg
6.3g	1.1g
	2617kJ (625Cal) 65.4g 29.6g 4.7g 22.1g 11.4g 427mg

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut potato and carrot into fries.
- Spread fries over a large microwave-safe plate. Cover with a damp paper towel. Microwave fries on high, 4 minutes.
- Drain any excess liquid, then place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until golden and tender, 10-15 minutes. Set aside to cool slightly.



Cook the beef

- Heat a large frying pan over high heat with a drizzle of the **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.

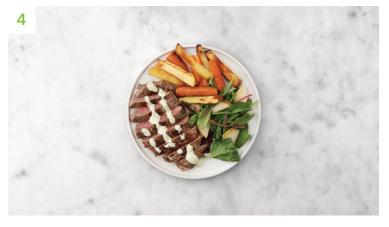


Get prepped

- Meanwhile, thinly slice pear (see ingredients).
- In a small bowl, combine chimichurri sauce and mayonnaise.
- 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.



Serve up

- While beef is resting, in a medium bowl, add pear, mixed salad leaves and a drizzle of vinegar and olive oil. Toss to combine and season.
- Slice beef rump.
- Divide roast veggies, pear salad and beef rump between plates.
- Drizzle chimichurri mayo over beef rump to serve. Enjoy!



Scan here if you have any questions or concerns

