



# Chimichurri Beef Rump & Veggie Fries

with Pear Salad

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Pear



Chimichurri Sauce



Mayonnaise



Beef Rump



Mixed Salad Leaves



Beef Rump

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

Carb Smart

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
carrot	1	2
pear	½	1
chimichurri sauce	1 medium packet	2 medium packets
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
<b>vinegar*</b> (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)	1988kJ (475Cal)	483kJ (115Cal)
Protein (g)	34.4g	8.4g
Fat, total (g)	25.5g	6.2g
- saturated (g)	3.2g	0.8g
Carbohydrate (g)	25.5g	6.2g
- sugars (g)	15.3g	3.7g
Sodium (mg)	357mg	87mg
Dietary Fibre (g)	7.2g	1.7g

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2663kJ (636Cal)	474kJ (113Cal)
Protein (g)	65g	11.6g
Fat, total (g)	29.7g	5.3g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	25.5g	4.5g
- sugars (g)	15.3g	2.7g
Sodium (mg)	432mg	77mg
Dietary Fibre (g)	7.2g	1.3g

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](https://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



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## Roast the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet 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.

3



## 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 as above, in batches for 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, thinly slice **pear** (see ingredients).
- In a small bowl, combine **chimichurri sauce** and **mayonnaise**.
- 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. Season **beef** with **salt** and **pepper**.

**TIP:** If your beef rump is more than 3 cm thick, cut in half horizontally before pounding for a shorter cook time.

**Custom Recipe:** If you've doubled your beef rump, prepare and season beef as above.

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## 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 veggie fries, pear salad and beef rump between plates.
- Drizzle chimichurri mayo over beef rump to serve. Enjoy!

## Rate your recipe

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