



Seared Beef Rump & Garlic Butter

with Roast Veggie Toss & Creamy Pesto

SUMMER SALADS

Grab your Meal Kit with this symbol



Potato



Carrot



Tomato



Aussie Spice Blend



Beef Rump



Garlic Paste



Baby Spinach Leaves



Creamy Pesto Dressing



Beef Rump

Prep in: 15-25 mins
Ready in: 30-40 mins

Carb Smart

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef rump with a creamy pesto dressing, golden roasted veggies and an aromatic garlic butter combine to make a special meal that'll have you buzzing too!

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

Pantry items

Olive Oil, Butter, 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 |
| potato | 1 | 2 |
| carrot | 1 | 2 |
| tomato | 1 | 2 |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| beef rump | 1 small packet | 2 small packets OR 1 large packet |
| garlic paste | 1 packet | 2 packets |
| butter* | 20g | 40g |
| baby spinach leaves | 1 medium bag | 1 large bag |
| white wine vinegar* | drizzle | drizzle |
| creamy pesto dressing | 1 medium packet | 1 large packet |
| 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) | 2025kJ (484Cal) | 472kJ (113Cal) |
| Protein (g) | 35.3g | 8.2g |
| Fat, total (g) | 29.5g | 6.9g |
| - saturated (g) | 8.6g | 2g |
| Carbohydrate (g) | 18.9g | 4.4g |
| - sugars (g) | 7.5g | 1.7g |
| Sodium (mg) | 720mg | 168mg |
| Dietary Fibre (g) | 5.3g | 1.2g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2700kJ (645Cal) | 466kJ (111Cal) |
| Protein (g) | 65.9g | 11.4g |
| Fat, total (g) | 33.7g | 5.8g |
| - saturated (g) | 10.1g | 1.7g |
| Carbohydrate (g) | 18.9g | 3.3g |
| - sugars (g) | 7.5g | 1.3g |
| Sodium (mg) | 785mg | 136mg |
| Dietary Fibre | 5.3g | 0.9g |

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



2024 | CW09

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Cut **tomato** into wedges.
- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

3



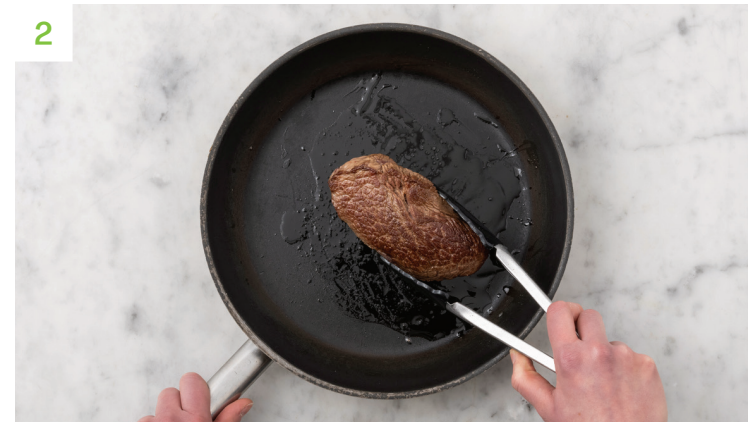
Bring it all together

- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray with the roasted veggies.
- Toss to combine. Season to taste.

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



Cook the beef

- 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. Season **beef** with **salt** and **pepper**.
- 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.
- In the last **1-2 minutes**, add **garlic paste** and the **butter**. Season with **salt** and **pepper**. Transfer to a plate to rest.

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 have doubled your beef rump, cook beef in batches for the best results!

4



Serve up

- Slice seared beef rump.
- Divide roast veggie toss between plates. Top with beef.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

Rate your recipe

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