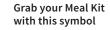


Moroccan Beef Rump & Sesame Veggie Fries

with Tomato Garden Salad & Garlic Sauce

DIETITIAN APPROVED











Mixed Sesame Seeds

Snacking Tomatoes





Beef Rump



Mixed Salad



Garlic Sauce

Leaves



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

Carb Smart* *Custom Recipe is not Carb Smart 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.



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 \cdot 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 packet	1 large packet		
snacking tomatoes	½ packet	1 packet		
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 packet	1 large packet		
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)	1897.1kJ (453Cal)	911.6kJ (218Cal)
Protein (g)	39.6g	9.3g
Fat, total (g)	24g	15.3g
- saturated (g)	6.8g	2.2g
Carbohydrate (g)	19.2g	8.6g
- sugars (g)	14.8g	4.4g
Sodium (mg)	471.5mg	471.491mg
Dietary Fibre (g)	10.5g	2.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962.1kJ (708Cal)	911.6kJ (218Cal)
Protein (g)	73.2g	9.3g
Fat, total (g)	37.4g	15.3g
- saturated (g)	12.5g	2.2g
Carbohydrate (g)	19.2g	8.6g
- sugars (g)	14.8g	4.4g
Sodium (mg)	573.5mg	87mg
Dietary Fibre (g)	10.5g	1.7g

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





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.



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.



Flavour the beef

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



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 honey, turning beef to coat. Transfer to a plate to rest (it will keep cooking while it rests!).



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.



Serve up

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

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 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.



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