



# Jerk-Spiced Beef Rump & Tomato Salad

with Veggie Fries & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Beef Rump



Mild Caribbean Jerk Seasoning



Tomato



Mixed Salad Leaves



Everything Garnish



Coconut Sweet Chilli Mayonnaise



Beef Rump

Prep in: **10-20 mins**  
Ready in: **25-35 mins**



Calorie Smart\*

\*Custom recipe is not Calorie Smart

Bring a bunch of colour and character to your next dinner with the subtle heat of jerk-spiced beef rump and the crunchy goodness of beetroot, potato and carrot fries. Top with the zingy chilli mayo for a flavour to remember!

**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
beetroot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	½ medium sachet	1 medium sachet
tomato	1	2
mixed salad leaves	1 medium packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
everything garnish	½ medium sachet	1 medium sachet
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
beef rump**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2323kJ (555Cal)	440kJ (105Cal)
Protein (g)	38.4g	7.3g
Fat, total (g)	29g	5.5g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	36.2g	6.9g
- sugars (g)	22.8g	4.3g
Sodium (mg)	1165mg	221mg
Dietary Fibre (g)	9.8g	2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2998kJ (717Cal)	442kJ (106Cal)
Protein (g)	69g	10.2g
Fat, total (g)	33.2g	4.9g
- saturated (g)	5.7g	0.8g
Carbohydrate (g)	36.2g	5.3g
- sugars (g)	22.8g	3.4g
Sodium (mg)	1240mg	183mg

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



1



## Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, carrot** and **beetroot** into fries.
- 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, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggie fries between two trays.

3



## Toss the salad

- While beef is cooking, thinly slice **tomato**.
- In a medium bowl, combine **tomato, mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season.
- Sprinkle over **everything garnish (see ingredients)** over tray with veggie fries. Toss to coat.

### 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 (if your beef rump is more than 3cm thick, cut beef in half horizontally before pounding).
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Add **beef** and **mild Caribbean jerk seasoning (see ingredients)**, tossing to coat. Cook until cooked through, **3-6 minutes** each side (depending on thickness). Transfer to a plate to rest.

**Custom Recipe:** If you've doubled your beef rump, prepare and cook beef as above. Cook beef in batches if your pan is getting crowded.

4



## Serve up

- Slice beef.
- Divide jerk-spiced beef rump, veggie fries and tomato salad between plates.
- Serve with **coconut sweet chilli mayo**. Enjoy!

## Rate your recipe

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