

Jerk-Spiced Beef Rump & Tomato Salad with Veggie Fries & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol







Sweet Potato













Tomato

Jerk Seasoning



Mixed Salad



Everything Garnish

Leaves



Coconut Sweet Chilli Mayonnaise



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!



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	
olive oil*	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	
vinegar* (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	
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*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

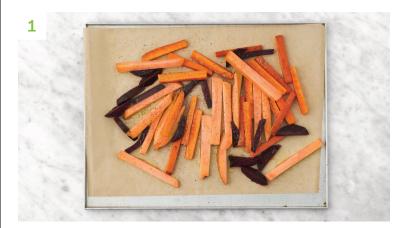
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo 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 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.



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.



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.



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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