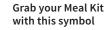


Beef Rump & Chimichurri Mayo with Veggie Fries & Pear Salad









Sweet Potato









Chimichurri Sauce





Beef Rump

Mayonnaise



Mixed Salad Leaves



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

Calorie Reduced* *Custom recipe is not Calorie Reduced 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!



Olive Oil, Vinegar (White Wine or Balsamić)

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

| ingi calcinco | | | | |
|-----------------------------------------|-----------------|---------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| sweet potato | 1 | 2 | | |
| carrot | 1 | 2 | | |
| pear | 1/2 | 1 | | |
| chimichurri sauce | 1 medium packet | 1 large packet | | |
| mayonnaise | 1 medium packet | 1 large packet | | |
| beef rump | 1 medium packet | 2 medium packets OR 1 large packet | | |
| mixed salad leaves | 1 small packet | 1 medium packet | | |
| vinegar* (white wine or balsamic) | drizzle | drizzle | | |
| beef rump** | 1 medium packet | 2 medium packets | | |

Nutrition

*Pantry Items **Custom Recipe Ingredient

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2173kJ (519Cal) | 521kJ (125Cal) |
| Protein (g) | 34.4g | 8.3g |
| Fat, total (g) | 30.5g | 7.3g |
| - saturated (g) | 3.9g | 0.9g |
| Carbohydrate (g) | 25.5g | 6.1g |
| - sugars (g) | 15.3g | 3.7g |
| Sodium (mg) | 357mg | 86mg |
| Dietary Fibre (g) | 7.2g | 1.7g |
| | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2848kJ (681Cal) | 502kJ (120Cal) |
| Protein (g) | 65g | 11.5g |
| Fat, total (g) | 34.7g | 6.1g |
| - saturated (g) | 5.4g | 1g |
| Carbohydrate (g) | 25.5g | 4.5g |
| - sugars (g) | 15.3g | 2.7g |
| Sodium (mg) | 432mg | 76mg |
| 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!





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.



Cook the beef

• In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



Get prepped

- Meanwhile, thinly slice pear (see ingredients).
- In a small bowl, combine chimichurri sauce and mayonnaise.
- See 'Top Steak Tips' (below). Season beef rump with salt and pepper.

TIP: If your beef rump is more than 4cm thick, cut in half horizontally before pounding for a shorter cook time.

Custom Recipe: If you've doubled your beef rump, prepare and cook extra beef rump in the same way.



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!

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.



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

