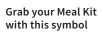


with Veggie Fries, Spinach-Fennel & Mayo

KID FRIENDLY













Potato



Beef Rump



Snacking Tomatoes



Spinach, Rocket

& Fennel Mix



Mayonnaise





Prep in: 15-25 mins Ready in: 25-35 mins

Calorie Reduced* *Custom recipe is not Calorie Reduced Fancy an easy low-carb meal tonight? With succulent seared steak, cooked with classic lemon pepper seasoning, bright veggie fries and a garden salad to round out the meal perfectly, you're really in for a treat!



Olive Oil, 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
potato	1	2		
beef rump	1 medium packet	2 medium packets OR 1 large packet		
lemon pepper seasoning	1 sachet	2 sachets		
snacking tomatoes	1 medium packet	2 medium packets		
white wine vinegar*	drizzle	drizzle		
spinach, rocket & fennel mix	1 medium packet	2 medium packets		
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)	1662kJ (397Cal)	369kJ (88Cal)
Protein (g)	34.8g	7.7g
Fat, total (g)	19.7g	4.4g
- saturated (g)	3g	0.7g
Carbohydrate (g)	19.3g	4.3g
- sugars (g)	7.1g	1.6g
Sodium (mg)	553mg	123mg
Dietary Fibre (g)	6.2g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2337kJ (559Cal)	389kJ (93Cal)
Protein (g)	65.4g	10.9g
Fat, total (g)	23.9g	4g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	19.3g	3.2g
- sugars (g)	7.1g	1.2g
Sodium (mg)	628mg	105mg
Dietary Fibre	6.2g	1g

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.



Scan here if you have any questions or concerns





Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced. Cut carrot and potato into fries.
- Spread **veggie fries** over a large microwave-safe plate. Cover with a damp paper towel. Microwave veggie 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.

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



Get prepped

- While the steak is resting, halve snacking tomatoes.
- In a large bowl, combine a drizzle of the white wine vinegar and olive oil. Season with salt and pepper.
- Add spinach, rocket & fennel mix and snacking tomatoes. Toss to combine.

Serve up

- · Slice lemon pepper steak.
- · Divide steak, veggie fries and garden salad between plates.
- Serve with mayonnaise. Enjoy!

Cook the steak

• See 'Top Steak Tips!' (below). Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef rump**, turning, for 4-6 minutes (depending on thickness) or until cooked to your liking. In the **last minute** of cooking add **lemon pepper seasoning** and turn to coat. Transfer to a plate to rest.

TIP: If your beef rump is more than 4cm thick, cut in half horizontally before seasoning!

Custom Recipe: If you've doubled your beef rump, cook beef in batches for the best results, returning all beef to the pan before adding the seasoning.



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.



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