



# Lemon Pepper Steak & Cherry Tomato Salad

with Veggie Fries, Spinach-Fennel & Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Potato



Beef Rump



Lemon Pepper Seasoning



Snacking Tomatoes



Spinach, Rocket & Fennel Mix



Mayonnaise



Beef Rump

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!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	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
<b>white wine vinegar*</b>	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 (g)	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](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



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## 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.

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## 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.

## 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 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.

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## Serve up

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

## Rate your recipe

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