











Beetroot

Beef Rump





Jerk Seasoning



Mixed Salad



Tomato

Everything Garnish Leaves



Coconut Sweet Chilli Mayonnaise





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

Carb Smart* *Custom Recipe is not Carb 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
potato	1	2
carrot	1	2
beetroot	1	2
beef rump	1 small packet	2 small packets OR 1 large packet
mild Caribbean jerk seasoning	½ medium sachet	1 medium sachet
tomato	1	2
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
everything garnish	½ packet	1 packet
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)
beef rump**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2092kJ (500Cal)	400kJ (96Cal)
Protein (g)	38.8g	7.4g
Fat, total (g)	23.9g	4.6g
- saturated (g)	3.4g	0.7g
Carbohydrate (g)	32.8g	6.3g
- sugars (g)	18.9g	3.6g
Sodium (mg)	1160mg	222mg
Dietary Fibre (g)	9.6g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2767kJ (661Cal)	411kJ (98Cal)
Protein (g)	69.4g	10.3g
Fat, total (g)	28.1g	4.2g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	32.8g	4.9g
- sugars (g)	18.9g	2.8g
Sodium (mg)	1235mg	184mg

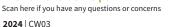
The quantities provided above are averages only.

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!







Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- · Cut 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, bake until golden and tender, 20-25 minutes.

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



Toss the salad

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

Serve up

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



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 in half horizontally before pounding for a shorter cook time).
- 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, in batches, as above.



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 10 minutes before slicing.



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