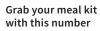


# Jerk-Spiced Beef Rump & Tomato Salad with Veggie Fries & Coconut Sweet Chilli Mayo







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

**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!

Pantry items Olive Oil, Vinegar (White Wine or Balsamić)

# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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  $\cdot$  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 sachet	1 sachet
coconut sweet chilli mayonnaise	1 medium packet	1 large packet

\*Pantry Items

#### **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)	10.5g	2g

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.

#### **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.



# 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.



# Cook the beef

- See 'Top Steak Tips!' (below left). Season beef rump with salt and pepper.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook the beef and mild Caribbean jerk seasoning (see ingredients), turning, for 4-6 minutes (depending on thickness) or until cooked to your liking. Transfer to a plate to rest.

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



# Serve up

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

We're here to help! Scan here if you have any questions or concerns 2024 | CW25



DOUBLE BEEF RUMP
Follow method above, cooking in
batches if necessary.

SWAP TO BARRAMUNDI Cook barramundi 5-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

