



Beef Rump & Chimichurri Mayo

with Veggie Fries & Apple Salad

Grab your meal kit with this number

18



Sweet Potato



Carrot



Apple



Chimichurri Sauce



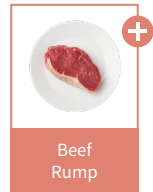
Mayonnaise



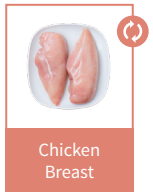
Beef Rump



Mixed Salad Leaves



Beef Rump



Chicken Breast

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

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!

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
apple	½	2
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

*Pantry Items

Nutrition

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

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.

1



Roast the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** and **carrot** into fries.
- Spread **veggie 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.

3



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.
- While beef is resting, in a medium bowl, add apple, **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Toss to combine and season.

2



Get prepped

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

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

4



Serve up

- Slice beef rump.
- Divide veggie fries, apple salad and beef rump between plates.
- Drizzle chimichurri mayo over beef rump to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW26

CUSTOM OPTIONS

+ DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.

↻ SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

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

