



Jerk-Spiced Beef Rump & Capsicum Salad

with Spiced Veggie Fries & Coconut Sweet Chilli Mayo

Grab your meal kit with this number

25



Sweet Potato



Carrot



Beetroot



Beef Rump



Mild Caribbean Jerk Seasoning



Baby Capsicum



Mixed Salad Leaves



Everything Garnish



Coconut Sweet Chilli Mayonnaise



Beef Rump



Barramundi

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 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
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
baby capsicum	2	4
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

Avq 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.

1



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.

3



Toss the salad

- While beef is cooking, thinly slice **baby capsicum**.
- In a medium bowl, combine **capsicum, mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season.
- Sprinkle **everything garnish** (see ingredients) over tray with veggie fries. Toss to coat.

2



Cook the beef

- See '**Top Steak Tips!**' (bottom 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.

4



Serve up

- Slice beef.
- Divide jerk-spiced beef rump, spiced veggie fries and capsicum 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 | CW27



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO BARRAMUNDI

Cook until just cooked through, 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.

