



# Lemon Pepper Steak & Baby Capsicum Salad

with Veggie Fries & Mayo

KID FRIENDLY

Grab your meal kit with this number

18



Carrot



Potato



Beef Rump



Mayonnaise



Lemon Pepper Seasoning



Baby Capsicum



Spinach, Rocket & Fennel Mix



Haloumi



Barramundi

### Recipe Update

We've replaced the cherry tomato in this recipe with baby capsicum due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 15-25 mins  
Ready in: 25-35 mins

Calorie Reduced

Fancy an easy 4 step 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!

### Pantry items

Olive Oil, White Wine Vinegar

## 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
<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
mayonnaise	1 medium packet	1 large packet
lemon pepper seasoning	1 medium sachet	2 medium sachets
<b>white wine vinegar*</b>	drizzle	drizzle
baby capsicum	4	8
spinach, rocket & fennel mix	1 medium packet	2 medium packets

\*Pantry Items

## 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

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.

## 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 **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 veggie fries between two trays.

3



## Get prepped

- While the steak is resting, thinly slice **baby capsicum**.
- In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **spinach, rocket & fennel mix** and **baby capsicum**. Toss to combine.

**Little cooks:** Take the lead by tossing the salad!

2



## Cook the steak

- **See 'Top Steak Tips!' (below left)**. Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, 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!

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO HALOUMI

Pat dry and slice. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



#### SWAP TO BARRAMUNDI

Heat a drizzle of oil over medium-high heat. 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.

