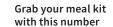


Lemon Pepper Steak & Baby Capsicum Salad

with Veggie Fries & Mayo

KID FRIENDLY













Potato





Beef Rump

Mayonnaise







Lemon Pepper Seasoning

Baby Capsicum



Spinach, Rocket & Fennel Mix





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

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

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	2 People	4 People	
olive oil*	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	
white wine vinegar*	drizzle	drizzle	
baby capsicum	4	8	
spinach, rocket & fennel mix	1 medium packet	2 medium packets	

Nutrition

*Pantry Items

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 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.
- 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 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.



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!



Cook the steak

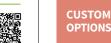
- See 'Top Steak Tips!' (below left). Meanwhile, heat a large frying pan over high heat with a drizzle of olive oil. When oil is hot, cook beef, turning, for 4-6 minutes (depending on thickness) or until cooked to your liking.
- In the last minute of cooking, add lemon pepper seasoning and turn to coat. Transfer to a plate to rest.

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



Serve up

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







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



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.

