



# Beef Rump & Smokey Aioli

with Sweet Potato-Carrot Fries & Apple Salad

AIR FRYER FRIENDLY

Grab your meal kit with this number

18



Sweet Potato



Carrot



Apple



Beef Rump



Mixed Salad Leaves



Smokey Aioli



Beef Rump



Chicken Breast

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

Carb Smart

Calorie Reduced

Tasty smokey aioli 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

Air fryer or oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
carrot	1	2
apple	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
smokey aioli	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1702kJ (406Cal)	446kJ (106Cal)
Protein (g)	33.8g	8.9g
Fat, total (g)	20.7g	5.4g
- saturated (g)	3.1g	0.8g
Carbohydrate (g)	20.8g	5.4g
- sugars (g)	11.5g	3g
Sodium (mg)	313mg	82mg
Dietary Fibre (g)	8.5g	2.2g

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](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



## Air fry the veggies

- Set air fryer to **200°C**. Cut **sweet potato** and **carrot** into fries.
- Place **veggie fries** into the air fryer basket and cook for **10 minutes**. Shake the basket, then cook until golden, a further **10-15 minutes**.

**TIP:** No air fryer? Preheat oven to 240°C/220°C fan-forced. Place veggie fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

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.

2



## Get prepped

- Meanwhile, thinly slice **apple**.
- **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 before seasoning.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



## 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.

