

AIR FRYER FRIENDLY







**Sweet Potato** 



18



Apple

Beef Rump



Leaves

Mixed Salad

Smokey Aioli





Calorie Reduced





# 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  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People
olive oil*	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
vinegar* (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 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.



# 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.



# Get prepped

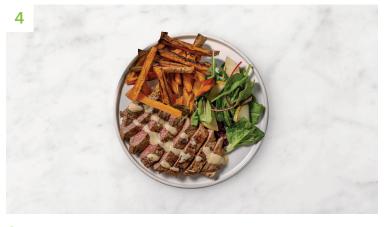
- Meanwhile, thinly slice apple.
- See 'Top Steak Tips' (bottom left). Season beef rump with salt and pepper.

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



### 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.



# 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!







