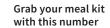


# Jerk-Spiced Beef Rump & Tomato Salad with Veggie Fries & Garlic Aioli















Beetroot





Beef Rump



Mild Caribbean



Jerk Seasoning



Mixed Salad Leaves



Tomato

**Everything Garnish** 



Garlic Aioli





Prep in: 10-20 mins Ready in: 25-35 mins



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. Serve with some garlic aioli for a flavour to remember!

#### **Pantry items**

Olive Oil, Vinegar (White Wine or Balsamić)

#### 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

9		
	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
tomato	1	2
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
everything garnish	½ sachet	1 sachet
garlic aioli	1 medium packet	1 large packet
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	406kJ (97Cal)
Protein (g)	39.5g	6.4g
Fat, total (g)	29g	4.7g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	46g	7.5g
- sugars (g)	32.9g	5.3g
Sodium (mg)	1163mg	189mg
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.



## Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato, carrot and beetroot into fries.
- Place veggie 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.



#### Cook the beef

- See 'Top Steak Tips!' (below 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 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.



#### Toss the salad

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



## Serve up

- · Slice beef.
- Divide jerk-spiced beef rump, veggie fries and tomato salad between plates.
- Serve with garlic aioli. Enjoy!









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.

