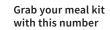


# Beef Rump & Chimichurri Mayo with Potato-Carrot Fries & Celery Salad

AIR FRYER FRIENDLY















Celery

Chimichurri Sauce





Beef Rump



Mixed Salad Leaves



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

**Carb Smart** 



## 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**

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
celery	1 medium packet	1 large packet
chimichurri sauce	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
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 halsamic)	drizzle	drizzle

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2065kJ (494cal)	255kJ (61cal)
Protein (g)	34.4g	4.2g
Fat, total (g)	30.6g	3.8g
- saturated (g)	3.9g	0.5g
Carbohydrate (g)	19.9g	2.5g
- sugars (g)	10.2g	1.3g
Sodium (mg)	358mg	44.2mg
Dietary Fibre (g)	6.1g	0.8g

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.



## Cook the veggies

- Cut potato and carrot into fries.
- Set air fryer to 200°C. 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. Prep veggies as above. Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



## 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.
- While beef is resting, in a medium bowl, add celery, mixed salad leaves and a drizzle of **vinegar** and olive oil. Toss to combine and season to taste.



## Get prepped

- Meanwhile, thinly slice celery.
- In a small bowl, combine chimichurri sauce and mayonnaise.
- 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.



## Serve up

- · Slice beef rump.
- Divide potato-carrot fries, celery salad and beef rump between plates.
- Drizzle chimichurri mayo over beef rump to serve. Enjoy!



