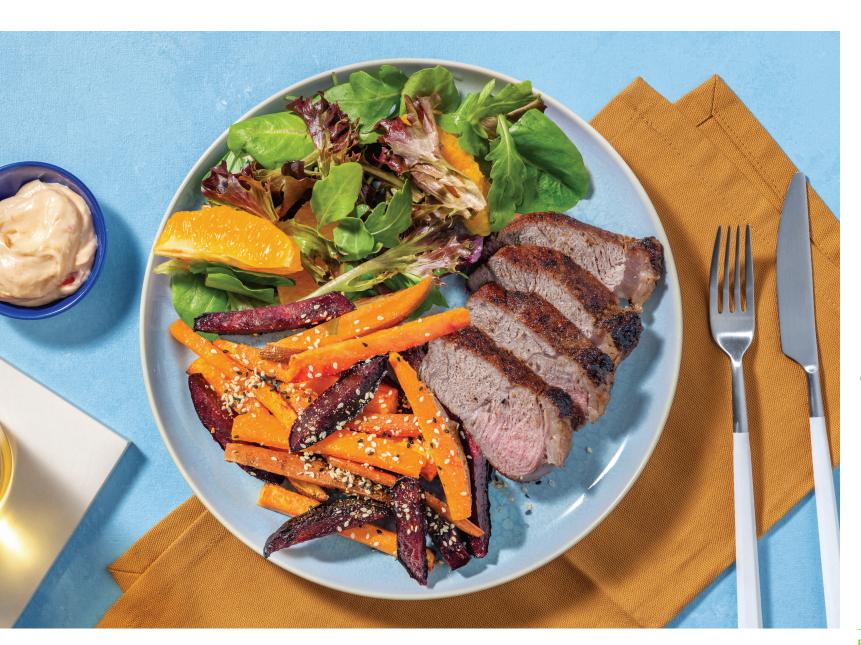


Jerk Beef Rump & Orange Salad with Veggie Fries & Coconut Sweet Chilli Mayo

Grab your meal kit with this number















Beef Rump

Orange

Beetroot



Mild Caribbean



Jerk Seasoning



Leaves



Everything Garnish



Coconut Sweet Chilli Mayonnaise





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

Calorie 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

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	
beefrump	1 medium packet	2 medium packets OR 1 large packet	
mild Caribbean jerk seasoning	1/2 medium sachet	1 medium sachet	
orange	1	2	
mixed salad leaves	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
everything garnish	½ sachet	1 sachet	
coconut sweet chilli mayonnaise	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599cal)	202kJ (48cal)
Protein (g)	39.5g	3.2g
Fat, total (g)	29g	2.3g
- saturated (g)	4.2g	0.3g
Carbohydrate (g)	46g	3.7g
- sugars (g)	32.9g	2.6g
Sodium (mg)	1148mg	92.4mg
Dietary Fibre (g)	13.3g	1.1g

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

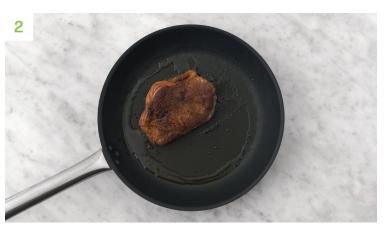
- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato, carrot and beetroot into fries.
- Place veggie fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until golden and tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the veggie fries between two trays.



Toss the salad

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



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.



Serve up

- · Slice beef.
- Divide jerk-spiced beef rump, veggie fries and orange salad between plates.
- Serve with coconut sweet chilli mayo. Enjoy!







Follow method above, cooking in batches if necessary.



scan the QR code to see detailed cooking

