

Jerk Beef Rump & Orange Salad

with Veggie Fries & Coconut Sweet Chilli Mayo

Grab your meal kit with this number

18



Sweet Potato



Carrot



Beetroot



Beef Rump



Mild Caribbean Jerk Seasoning



Orange



Mixed Salad Leaves



Everything Garnish



Coconut Sweet Chilli Mayonnaise



Beef Rump



Barramundi

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



Protein Rich



Calorie Smart

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. Top with the zingy chilli mayo for a flavour to remember!

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	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
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.

1



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.

3



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.

2



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.

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



2024 | CW37

CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO BARRAMUNDI

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.

