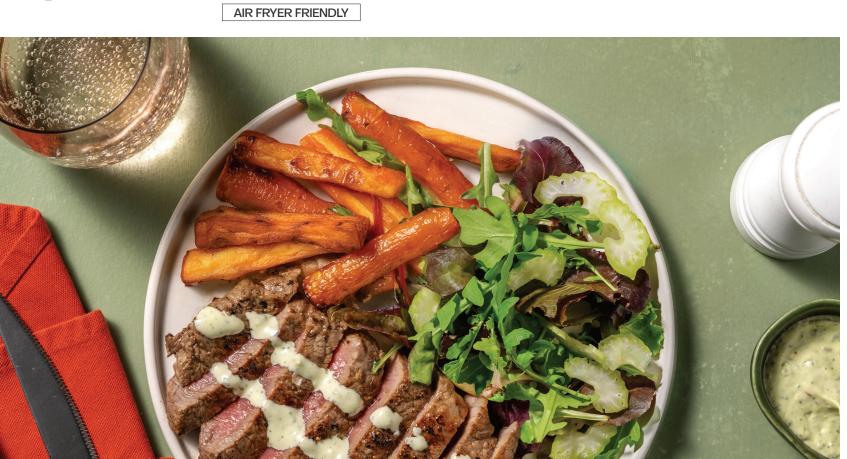


Beef Rump & Chimichurri Mayo with Sweet Potato-Carrot Fries & Green Salad



Grab your meal kit with this number









Sweet Potato





Celery

Chimichurri Sauce



Mayonnaise



Beef Rump



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

Inaredients

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

*Pantry Items

Nutrition

Per Serving	Per 100g
2065kJ (494cal)	255kJ (61cal)
34.4g	4.2g
30.6g	3.8g
3.9g	0.5g
19.9g	2.5g
10.2g	1.3g
358mg	44.2mg
6.1g	0.8g
	2065kJ (494cal) 34.4g 30.6g 3.9g 19.9g 10.2g 358mg

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 sweet potato and carrot into fries.
- Set air frver 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 and place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



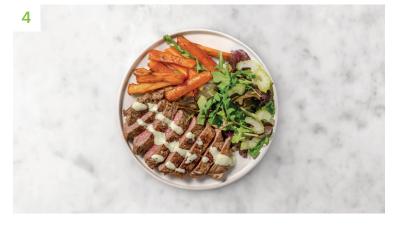
Cook the beef

• In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook beef, turning, for 5-9 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



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.



Serve up

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



