



Beef Rump & Chimichurri Mayo

with Sweet Potato-Carrot Fries & Green Salad

AIR FRYER FRIENDLY

Grab your meal kit with this number

18



Sweet Potato



Carrot



Celery



Chimichurri Sauce



Mayonnaise



Beef Rump



Mixed Salad Leaves



Beef Rump



Chicken Breast

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



Protein Rich



Carb Smart

Tasty chimichurri beef rump, check, tasty veggie fries, check and one hungry chef? Check. Add this one to your HF repertoire. We know you'll want to make this one over and over again!

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

Air fryer or 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
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

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.

1



Cook the veggies

- Cut **sweet 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 and place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.

3



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.

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

