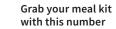


Garlic-Butter Beef Rump

with Roast Veggie Toss & Fetta Cheese

HELLOHERO







Sweet Potato





Tomato



Beef Rump





Baby Spinach

Leaves

Garlic Paste



Balsamic Vinaigrette Dressing





Recipe Update

Due to local availability, we've replaced some of your ingredients. They may be a little different to what's pictured, but just as delicious!

Prep in: 15-25 mins Ready in: 30-40 mins





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	
tomato	1	2	
beef rump	1 medium packet	2 medium packets OR 1 large packet	
garlic paste	1 packet	2 packets	
butter*	20g	40g	
baby spinach leaves	1 medium packet	1 large packet	
balsamic vinaigrette dressing	1 packet	2 packets	
fetta cubes	1 large packet	2 large packets	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2025kJ (484cal)	231kJ (55cal)
Protein (g)	35.3g	4g
Fat, total (g)	29.5g	3.4g
- saturated (g)	8.6g	1g
Carbohydrate (g)	18.9g	2.2g
- sugars (g)	7.5g	0.9g
Sodium (mg)	714mg	81.6mg
Dietary Fibre (g)	5.4g	0.6g

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. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
- 2. Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
- 4. Let steak rest on a plate for 5 minutes before slicing.



Roast the veggies

- · See 'Top Steak Tips! (below left).
- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato and carrot into bite-sized chunks.
- Cut tomato into wedges.
- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **salt** and **pepper** and toss to coat.
- · Roast until tender, 20-25 minutes.

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



Bring it all together

- To the tray with the roasted veggies, add baby spinach leaves and balsamic vinaigrette dressing.
- · Toss to combine. Season to taste.



Cook the beef

- Meanwhile, 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, turning, for 5-9 minutes (depending on thickness), or until cooked to your liking.
- In the last **1-2 minutes**, add **garlic paste** and the **butter**. Season with to taste. Transfer to a plate to rest.



Serve up

- Slice beef rump.
- Divide roast veggie toss between plates. Top with garlic-butter beef rump.
- Crumble over fetta cubes to serve. Enjoy!



