

# Garlic-Butter Beef Rump

with Roast Veggie Toss & Fetta Cheese

HELLOHERO

25

Grab your meal kit with this number



Potato



Carrot



Tomato



Beef Rump



Garlic Paste



Baby Spinach Leaves



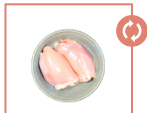
Balsamic Vinaigrette Dressing



Fetta Cubes



Beef Rump



Chicken Thigh

### Recipe Update

We've replaced the baby capsicum in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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

Protein Rich

Carb Smart

Simple and sensational – they're the buzzwords for tonight's dinner. A tender cut of beef rump with golden roasted veggies and crumbly feta combine to make a special meal that'll have you buzzing too!

### Pantry items

Olive Oil, Butter



## 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
<b>olive oil*</b>	refer to method	refer to method
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
<b>butter*</b>	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)	1857kJ (444cal)	231kJ (55cal)
Protein (g)	39.5g	4.9g
Fat, total (g)	24g	3g
- saturated (g)	11.4g	1.4g
Carbohydrate (g)	17g	2.1g
- sugars (g)	7.3g	0.9g
Sodium (mg)	779mg	96.7mg
Dietary Fibre (g)	4.8g	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](https://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.
3. 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.

1



## Roast the veggies

- See **'Top Steak Tips! (below left)**. Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Cut **tomato** into wedges.
- Place **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.

3



## Bring it all together

- Add **baby spinach leaves** and **balsamic vinaigrette dressing** to the tray with the roasted veggies.
- Toss to combine. Season to taste.

2



## Cook the beef

- Meanwhile, season **beef rump** with **salt** and **pepper**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **beef**, turning, for **3-4 minutes** each side for medium-rare, or until cooked to your liking.
- In the last **1-2 minutes**, add **garlic paste** and the **butter**. Transfer to a plate to rest.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS



#### DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN THIGH

Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

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

