

# Beef Rump & Babaganoush Shawarma

with Garlic Sauce & Cheat's Tabbouleh

STREET FOOD

Grab your meal kit  
with this number

23



Tomato



Parsley



Mint



Red Onion



Beef Rump



Garlic & Herb  
Seasoning



Flatbread



Babaganoush



Hummus



Mixed Salad  
Leaves



Garlic Sauce

Prep in: 20-30 mins  
Ready in: 30-40 mins

 Protein Rich

Slather golden flatbread with a mouth-watering combo of hummus and babaganoush, along with a zingy, crunchy tabbouleh and tender, spiced beef rump for an unforgettable flavour sensation.

### Pantry items

Olive Oil, White Wine Vinegar, Honey

## 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

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
tomato	1	2
parsley	1 packet	1 packet
mint	1 packet	1 packet
red onion	½	1
white wine vinegar*	¼ cup	½ cup
beef rump	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
flatbread	4	8
babaganoush	1 packet	2 packets
hummus	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
garlic sauce	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3054kJ (730cal)	302kJ (72cal)
Protein (g)	42.4g	4.2g
Fat, total (g)	37.1g	3.7g
- saturated (g)	4.9g	0.5g
Carbohydrate (g)	53.7g	5.3g
- sugars (g)	15.7g	1.6g
Sodium (mg)	1420mg	140.3mg
Dietary Fibre (g)	9.2g	0.9g

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.



## Get prepped

- See 'Top Steak Tips' (below).
- Finely chop **tomato, parsley** and **mint**.
- Thickly slice **red onion** (see ingredients).



## Toss the tabbouleh

- While the steak is resting, drain **onion** and reserve a drizzle of the **pickling liquid**.
- In a medium bowl, combine **tomato, parsley, mint, onion**, a drizzle of the **pickling liquid** and a good drizzle of **olive oil**. Season to taste.



## Pickle the onion

- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **onion** to pickling liquid. Add enough **water** to just cover onion. Set aside.



## Warm up the flatbreads

- Drizzle (or brush) each **flatbread** with **olive oil** and season with **salt**.
- Wipe out frying pan then return to medium-high heat. Cook **flatbreads** until golden and warmed through, **1-2 minutes** each side.

**TIP:** Cook in batches if your pan is getting crowded!



## Cook the beef

- In a large bowl, combine **beef rump, garlic & herb seasoning** and a drizzle of **olive oil**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **beef** for **3-4 minutes** each side for medium-rare, or until cooked to your liking.
- Transfer to a plate, then drizzle over the **honey**. Set aside to rest.



## Serve up

- Slice beef.
- Spread **babaganoush** and **hummus** over each flatbread, then top with **mixed salad leaves, beef rump** and **cheat's tabbouleh**.
- Drizzle over **garlic sauce** to serve. Enjoy!

### 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.

## We're here to help!

Scan here if you have any questions or concerns

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