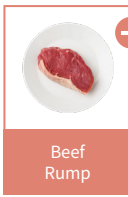
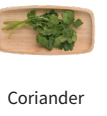
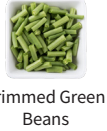
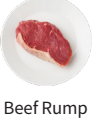
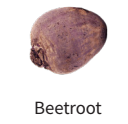


Jerk Beef Rump & Green Beans


with Rainbow Fries


Grab your meal kit with this number

18



Prep in: 10-20 mins
Ready in: 25-35 mins

 Protein Rich

 Carb Smart

Bring a bunch of colour and character to your next dinner with the subtle heat of jerk-spiced beef rump and the crunchy goodness of beetroot, sweet potato and carrot fries. Serve with fresh green beans, lime and coriander for a flavour to remember!

Pantry items

Olive Oil

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
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
beetroot	1	2
beef rump	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	½ medium sachet	1 medium sachet
trimmed green beans	1 medium packet	1 large packet
lemon	½	1
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1586kJ (379cal)	143kJ (34cal)
Protein (g)	37.2g	3.4g
Fat, total (g)	9.9g	0.9g
- saturated (g)	2.3g	0.2g
Carbohydrate (g)	33.3g	3g
- sugars (g)	21.7g	2g
Sodium (mg)	838mg	75.8mg
Dietary Fibre (g)	13.2g	1.2g

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.
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



Bake the rainbow fries

- See '**Top Steak Tips!**' (below left).
- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato, carrot** and **beetroot** into fries.
- Place **veggies fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until golden and tender, **20-25 minutes**.

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

3



Cook the green beans

- While beef is cooking, add **trimmed green beans** and a splash of water to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**.
- Drain **green beans**, then return to the bowl and cover to keep warm.
- Slice **lemon** into wedges.

2



Cook the beef

- 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** and **mild Caribbean jerk seasoning** (see ingredients), for **3-4 minutes** each side for medium-rare, or until cooked to your liking. Transfer to a plate to rest.

4



Serve up

- Slice beef.
- Divide jerk beef rump, rainbow fries and green beans between plates.
- Tear over **coriander** and serve with lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



SWAP TO BARRAMUNDI

Cook until just cooked through, 5-6 minutes each side.

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

