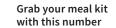


# Beef Rump & Chimichurri Sauce with Sweet Potato Fries & Fetta Salad

AIR FRYER FRIENDLY













**Snacking Tomatoes** 



Beef Rump



Leaves



Fetta Cubes



Chimichurri Sauce







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

**Carb Smart** 



## 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  $\cdot$  Large frying pan

# Ingredients

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
celery	1 medium packet	1 large packet	
snacking tomatoes	1 packet	2 packets	
beef rump	1 medium packet	2 medium packets OR 1 large packet	
mixed salad leaves	1 small packet	1 medium packet	
fetta cubes	1 medium packet	1 large packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	
chimichurri sauce	1 medium packet	1 large packet	

# \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1775kJ (424cal)	247kJ (59cal)
Protein (g)	36.4g	5.1g
Fat, total (g)	23.1g	3.2g
- saturated (g)	5g	0.7g
Carbohydrate (g)	16.9g	2.3g
- sugars (g)	7.5g	1g
Sodium (mg)	422mg	58.6mg
Dietary Fibre (g)	4.7g	0.7g

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.



# Air fry the veggies

- See 'Top Steak Tips' (below left). Cut sweet potato 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. Place veggie fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until tender, 20-25 minutes.



# Get prepped

- Meanwhile, thinly slice celery.
- Halve snacking tomatoes.
- Season beef rump with salt and pepper.



#### Cook the beef

• In a large frying pan, heat a drizzle of **olive oil** over 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 to rest.



# Serve up

- While beef is resting, in a medium bowl, add celery, tomatoes, mixed salad leaves, fetta cubes and a drizzle of vinegar and olive oil.
  Toss to combine and season to taste.
- Slice beef rump.
- Divide sweet potato fries, fetta salad and beef rump between plates.
- Drizzle **chimichurri sauce** over beef rump to serve. Enjoy!



