

Grilled Beef Steak & Fresh Chimichurri

with Toasted Bread Rolls & Tomato Salad

GOOD TO BBQ

NEW

Grab your meal kit with this number

18



Cucumber



Tomato



Parsley



Continental Rolls



Beef Rump



Chilli Flakes (Optional)



Mixed Salad Leaves



Garlic Aioli



Beef Rump



Peeled Prawns

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

 Protein Rich

If you're craving a foolproof steak and salad pub classic, we've got you covered with this one. Or if you're fancying a steak sambo, pile high the seared beef rump, salad and chimichurri trifecta onto continental rolls and serve it as you please! If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Pantry items

Olive Oil, Butter, White Wine Vinegar

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

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1	2
tomato	1	2
parsley	1 packet	1 packet
continental rolls	2	4
butter*	20g	40g
beef rump	1 medium packet	2 medium packets OR 1 large packet
chilli flakes (optional) 🌶️	pinch	pinch
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2964kJ (702cal)	702kJ (166cal)
Protein (g)	38.2g	9.1g
Fat, total (g)	42.9g	10.2g
- saturated (g)	9.9g	2.3g
Carbohydrate (g)	41.8g	9.9g
- sugars (g)	4.8g	1.1g
Sodium (mg)	576mg	136.5mg
Dietary Fibre (g)	3.9g	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 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.



Get prepped

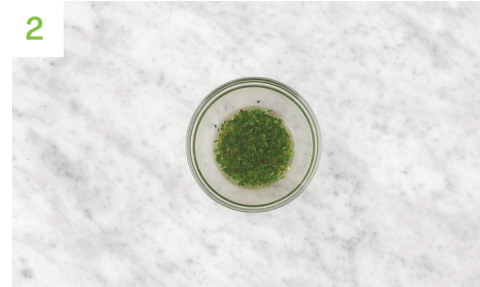
- See '**Top Steak Tips!**' (below left). Preheat BBQ to high heat.
- Thinly slice **cucumber** into rounds.
- Thinly slice **tomato** into wedges.
- Finely chop **parsley**.
- Halve **continental rolls** and spread with the **butter**.
- To a medium bowl, add **beef rump** and a drizzle of **olive oil**. Season with **salt** and **pepper** and toss to coat.



Grill the bread

- While the beef is resting, grill **rolls**, cut-side down, until lightly golden, **2-3 minutes**.

No BBQ? Bake rolls directly on a wire oven rack until heated through, 2-3 minutes.



Make the chimichurri

- In a small bowl, combine **parsley**, a pinch of **chilli flakes** (if using), a generous pinch of **salt** and **sugar** and a drizzle of **white wine vinegar** and **olive oil** (2 tbs for 2 people / ¼ cup for 4 people). Set aside.



Toss the salad

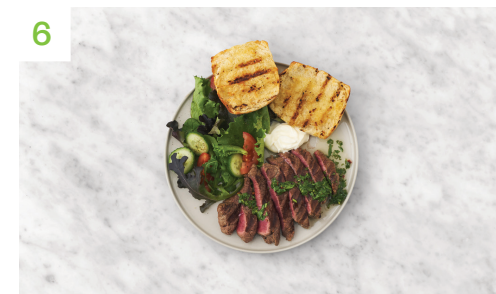
- In a large bowl, combine **mixed salad leaves**, **cucumber**, **tomato** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Grill the steak

- When the BBQ is hot, grill **beef rump** for **6-10 minutes**, turning, for medium-rare or until cooked to your liking. Transfer to a plate to rest.

No BBQ? In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef rump for 3-4 minutes each side for medium-rare, or until cooked to your liking.



Serve up

- Thinly slice steak.
- Divide grilled beef steak, toasted bread rolls and tomato salad between plates.
- Spoon fresh chimichurri over beef.
- Serve with **garlic aioli**. Enjoy!

TIP: If you're craving a sambo, build your own steak sandwich with the salad, steak and sauces!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

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

