

Chargrilled Beef & Dill-Parsley Potatoes

with Grilled Chilli-Garlic Zucchini

GOOD TO BBQ

NEW

Grab your meal kit with this number

18



Potato



Vegetable Stock Pot



Zucchini



Brown Onion



Lemon



Garlic



Parsley



Beef Rump



Dill & Parsley Mayonnaise



Chilli Flakes (Optional)




Beef Rump



Haloumi

Prep in: 20-30 mins
Ready in: 35-45 mins

 Protein Rich

Seared beef rump, a chilli-flecked and garlicky grilled zucchini and some dill-parsley potatoes... our stomach's are grumbling! This one tastes even better than it smells (and it smells really good!). If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

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

Medium saucepan · BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
vegetable stock pot	1 small packet	1 medium packet
zucchini	2	4
brown onion	1	2
lemon	½	1
garlic	1 clove	2 cloves
parsley	1 packet	1 packet
beef rump	1 medium packet	2 medium packets OR 1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2801kJ (669Cal)	374kJ (89Cal)
Protein (g)	50.2g	6.7g
Fat, total (g)	36.1g	4.8g
- saturated (g)	7.8g	1g
Carbohydrate (g)	37g	4.9g
- sugars (g)	13.3g	1.8g
Sodium (mg)	615mg	82mg
Dietary Fibre (g)	9.9g	1.3g

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.



Cook the potato

- See **'Top Steak Tips!'** (below left).
- Preheat BBQ to high heat. Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to saucepan with **vegetable stock pot** and a drizzle of **olive oil**. Toss, set aside and allow to cool slightly.



Grill the steak

- When veggies are done, grill **beef rump** for **2-3 minutes** on each side for medium-rare or until cooked to your liking. Transfer to a plate and leave to rest for **5 minutes**.
- Meanwhile, grill **lemon**, cut side down, until charred, **2-3 minutes**.

No BBQ? Return frying pan to high heat with a drizzle of olive oil. Cook beef rump for 2 minutes each side for medium-rare. Cook lemon over high heat, cut-side down, until charred, 1-2 minutes.



Get prepped

- Meanwhile, thinly slice **zucchini** into strips lengthways. Thinly slice **brown onion**.
- Halve **lemon**. Finely chop **garlic** and **parsley** (reserve some leaves for garnish).
- In a small microwave-safe bowl, microwave **garlic** and **olive oil** in **10 second** bursts, until fragrant.
- In a medium bowl, combine **zucchini** and a drizzle of **olive oil**, then season with **salt** and **pepper**.
- In a second medium bowl, combine **onion**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- To a third medium bowl, add **beef rump** and a drizzle of **olive oil**. Season and toss to coat.



Bring it all together

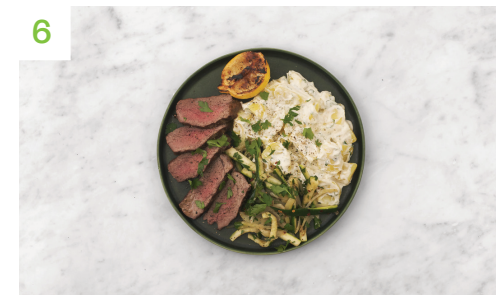
- To the potatoes, add **dill & parsley mayonnaise** and toss to combine.
- To the bowl with zucchini and onion, add a pinch of **chilli flakes** (if using), the **garlic oil**, chopped **parsley** and a good squeeze of **lemon juice**. Season to taste.



Grill the veg

- When the BBQ is hot, grill **zucchini** until charred and tender, **3-5 minutes** each side.
- Add **onion** to the BBQ and cook, tossing occasionally, until tender and slightly charred, **6-8 minutes**.
- Transfer **veggies** back into one bowl and set aside.

No BBQ? Cook zucchini in a frying pan, over medium-high heat until tender, 3-5 minutes each side. Cook onion, tossing occasionally, until tender and lightly charred, 4-5 minutes.



Finish & serve

- Thinly slice steak.
- Divide chargrilled beef, dill-parsley potatoes and grilled **chilli-garlic** zucchini between plates.
- Garnish with reserved parsley and serve with any remaining charred lemon. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



DOUBLE BEEF RUMP

Follow method above, cooking in batches if necessary.



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

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

