



Seared Lemon-Pepper Beef

with Roast Potato & Dijon Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Garlic



Lemon Pepper Seasoning



Beef Rump



Dijon Mustard

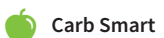


Garlic Aioli



Beef Rump

Prep in: 15-25 mins
Ready in: 35-45 mins



The trick to making your veg sides as good as the main event? Just give them a little TLC! Thanks to some garlic and a dash of Dijon, the broccoli and carrot more than hold their own alongside the succulent lemon pepper beef.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
potato	2	4
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
beef rump	1 small packet	1 large packet
lemon pepper seasoning	½ medium sachet	1 medium sachet
Dijon mustard	1 packet	2 packets
garlic aioli	1 medium packet	1 large packet
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2015kJ (482Cal)	385kJ (92Cal)
Protein (g)	37.9g	7.2g
Fat, total (g)	22.2g	4.2g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	31g	5.9g
- sugars (g)	11.6g	2.2g
Sodium (mg)	626mg	120mg
Dietary Fibre (g)	8g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2690kJ (643Cal)	400kJ (96Cal)
Protein (g)	68.5g	10.2g
Fat, total (g)	26.4g	3.9g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	31g	4.6g
- sugars (g)	11.6g	1.7g
Sodium (mg)	701mg	104mg
Dietary Fibre (g)	8g	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. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, 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

2023 | CW01



1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

Little cooks: Help season and toss the potato chunks!

3



Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Stir-fry **zucchini** and **carrot** with a splash of water until tender, **4-5 minutes**.
- Add **garlic**, cook until fragrant, **1 minute**. Add **Dijon mustard** and a drizzle of **olive oil**, tossing veggies to coat. Season to taste. Transfer to a bowl, then cover to keep warm.
- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- Transfer to a plate to rest (it will keep cooking as it rests!).

Custom Recipe: If you've doubled your beef, cook beef in batches for the best results.

2



Get prepped

- Meanwhile, thinly slice **zucchini** into rounds and **carrot** into half-moons. Finely chop **garlic**.
- See '**Top Steak Tips!**' (**bottom left**). Place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened (this ensures it's extra tender!).
- In a medium bowl, combine **lemon pepper seasoning** (see ingredients), a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **beef**, turning to coat. Set aside.

4



Serve up

- Slice seared lemon-pepper beef.
- Divide beef, roast potato and Dijon veggies between plates.
- Serve with **garlic aioli**. Enjoy!

Little cooks: Add the finishing touch by adding a dollop of garlic aioli!

Rate your recipe

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Let them know what you thought: hellofresh.com.au/rate