

Moroccan Steak & Sesame Veggie Fries

with Salad & Garlic Yoghurt

EXPLORER

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Carrot



Beetroot



Mixed Sesame Seeds



Tomato



Garlic



Beef Rump



Ras El Hanout



Greek-Style Yoghurt



Mixed Salad Leaves



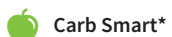
Haloumi

Recipe Update

Due to sourcing challenges some of the fresh ingredients you may receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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

*Custom Recipe is not
Dietitian Approved or
Carb Smart



Nip that steak and fries craving in the bud with this delight of a recipe. To keep the carbs in check, we've swapped potato with carrot and beetroot for the fries. While they bake with a good sprinkle of sesame seeds, sear the rump in the pan with three game-changing ingredients: butter, honey and our ras el hanout spice blend.

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

Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

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
carrot	1	2
beetroot	1	2
mixed sesame seeds	1 medium packet	1 large packet
tomato	1	2
garlic	2 cloves	4 cloves
beef rump	1 small packet	1 large packet
ras el hanout	1 medium sachet	1 large sachet
Greek-style yoghurt	1 medium packet	1 large packet
butter*	15g	30g
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1624kJ (388Cal)	343kJ (82Cal)
Protein (g)	37.7g	8g
Fat, total (g)	16g	3.4g
- saturated (g)	7.2g	1.5g
Carbohydrate (g)	22.1g	4.7g
- sugars (g)	20.6g	4.3g
Sodium (mg)	345mg	73mg
Dietary Fibre (g)	9.9g	2.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2776kJ (663Cal)	492kJ (118Cal)
Protein (g)	54.8g	9.7g
Fat, total (g)	38.7g	6.9g
- saturated (g)	21.6g	3.8g
Carbohydrate (g)	23.3g	4.1g
- sugars (g)	21.6g	3.8g
Sodium (mg)	1380mg	245mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the veggie fries

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **carrot** and **beetroot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle over **mixed sesame seeds**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

Custom Recipe: If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.

4



Cook the steak

- Return pan to high heat with a drizzle of **oil**.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- In the **last minute**, add the **butter** and **honey**, turning **beef** to coat. Transfer to a plate to rest (it will keep cooking while it rests!).

Custom Recipe: Drain haloumi and pat dry. Wipe out frying pan and return to medium-high heat with a drizzle of olive oil. Cook haloumi until golden brown, 1-2 minutes each side.

Top Steak Tips!

- Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it with tongs - rare steak is soft, medium is springy and well-done is firm.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.

2



Get prepped

- Meanwhile, roughly chop **tomato**. Finely chop **garlic**.
- See 'Top Steak Tips!' (below)**. Place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened, then season.
- In a medium bowl, combine **ras el hanout** and a drizzle of **olive oil**. Add **beef**, turning to coat.

TIP: Pounding the beef ensures it's extra tender once cooked.

5



Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **tomato** and a drizzle of **vinegar** and **olive oil**. Season.

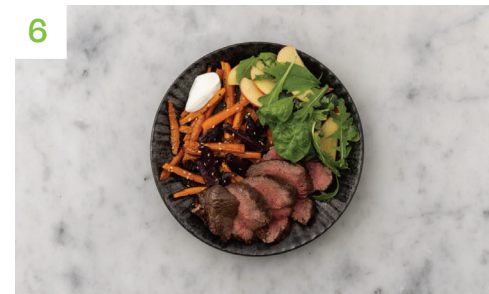
3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer to a small heatproof bowl. Add **Greek-style yoghurt** and stir to combine. Season to taste.

6



Serve up

- Slice Moroccan steak.
- Divide steak, sesame veggie fries and salad between plates.
- Serve with a dollop of garlic yoghurt. Enjoy!

Rate your recipe

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