

# Seared Steak & Roast Veggie Toss

with Mayo

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Beetroot



Baby Spinach Leaves



Beef Rump



Mayonnaise




Beef Rump

### Recipe Update

Unfortunately, this week's mustard mayo was in short supply, so we've replaced it with mayonnaise. 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

 Carb Smart

From the juicy steak to the vibrant veggie medley and our moreish mayo to top it off, you can't go wrong with this carb conscious dish.

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

### Pantry items

Olive Oil, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
sweet potato	1	2
beetroot	1	2
baby spinach leaves	1 medium bag	1 large bag
beef rump	1 small packet	1 large packet
<b>white wine vinegar*</b>	1 tsp	2 tsp
mayonnaise	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)	1848kJ (442Cal)	372kJ (89Cal)
Protein (g)	36.4g	7.3g
Fat, total (g)	19.4g	3.9g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	30.2g	6.1g
- sugars (g)	20.8g	4.2g
Sodium (mg)	453mg	91mg
Dietary Fibre (g)	10.5g	2.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2523kJ (603Cal)	390kJ (93Cal)
Protein (g)	67g	10.4g
Fat, total (g)	23.6g	3.6g
- saturated (g)	4.6g	0.7g
Carbohydrate (g)	30.2g	4.7g
- sugars (g)	20.8g	3.2g
Sodium (mg)	528mg	82mg
Dietary Fibre	10.5g	1.6g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

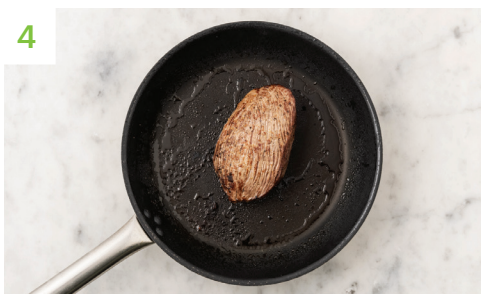
## We're here to help!

Scan here if you have any questions or concerns



## Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **carrot** into rounds.
- Cut **sweet potato** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.



## Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- 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.

**TIP:** The steak will keep cooking as it rests.

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

### 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.



## Roast the veggies

- Place **prepped veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until just tender, **20-25 minutes**.

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



## Toss the veggies

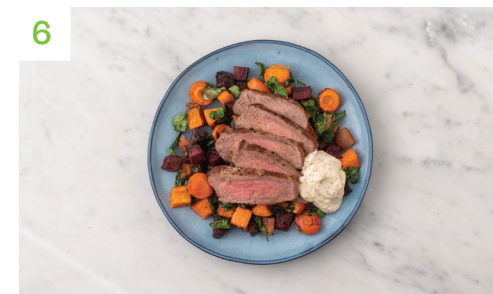
- While the steak is resting, add the **white wine vinegar** and **baby spinach leaves** to the roast veggie tray.
- Gently toss to combine.



## Prep the steak

- See '**Top Steak Tips!**' (*below*). Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- Season **beef** with **salt** and **pepper**.

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



## Serve up

- Slice the seared steak.
- Divide steak and roast veggie toss between plates. Spoon any resting juices over steak.
- Top with a dollop of **mayonnaise** to serve. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)