



Beef Rump & Easy-Prep Pumpkin-Kale Medley with Mustard Mayo

DIETITIAN APPROVED

Grab your Meal Kit
with this symbol



Carrot



Beetroot



Kale



Peeled & Chopped
Pumpkin



Beef Rump

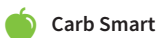


Mustard Mayo



Beef Rump

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



From the juicy steak to the vibrant veggie medley and our moreish mustard 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, 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
kale	1 medium bag	1 large bag
peeled & chopped pumpkin	1 small bag	1 medium bag
beef rump	1 small packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mustard mayo	1 medium packet	2 medium packets
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1811kJ (433Cal)	355kJ (85Cal)
Protein (g)	37.5g	7.4g
Fat, total (g)	21.1g	4.1g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	23.1g	4.5g
- sugars (g)	20.5g	4g
Sodium (mg)	469mg	92mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3325kJ (795Cal)	750kJ (179Cal)
Protein (g)	38.4g	8.7g
Fat, total (g)	32.5g	7.3g
- saturated (g)	3.9g	0.9g
Carbohydrate (g)	82g	18.5g
- sugars (g)	8g	1.8g
Sodium (mg)	1944mg	438mg

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://www.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



2023 | CW23



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **carrot** into rounds.
- Cut **beetroot** into 1cm chunks.
- Thinly slice **kale**, discarding any larger pieces of stalk.



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 beef 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 10 minutes before slicing.



Roast the veggies

- Place prepped **veggies** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- When the veggies have **8 minutes** remaining, add **kale** and a pinch of **salt** to the tray. Gently toss to combine. Roast until tender, a further **5-8 minutes**.

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



Toss the veggies

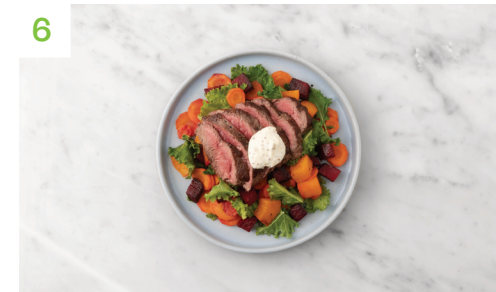
- While the steak is resting, add the **white wine vinegar** to the roast veggie tray.
- Gently toss to combine.



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 **mustard mayo** to serve. Enjoy!

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