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Jerk Beef & Charred Corn Salad with Lime & Sweet Potato

We're celebrating the flavours of the Caribbean with this loud, colourful salad. Spicy, zesty, aromatic jerk seasoning carries through to infused sweet potato and smoky spiced corn in a joyful jumble of textures and flavours. Fresh coriander and bitter rocket complete the picture.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



lactose
free



high
protein

Pantry Items



Olive Oil



Worcestershire
Sauce



Garlic



Lime



Cajun Spice Mix



Premium Beef Rump



Brown
Sugar



Sweet Potato



Corn



Rocket



Coriander

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2P	4P	Ingredients
1 ½ tbs	3 tbs	olive oil *
2 tsp	1 tbs	Worcestershire sauce *
1 clove	2 cloves	garlic, peeled & crushed
½	1	lime, juiced
1 tsp	2 tsp	Cajun spice mix
1 tsp	2 tsp	brown sugar *
1 steak	2 steaks	premium beef rump
400 g	800 g	sweet potato, unpeeled & cut into 2 cm pieces
1 cob	2 cobs	corn, husked
1 bag	2 bags	rocket, washed
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2170	Kj
Protein	45.7	g
Fat, total	20	g
-saturated	5.2	g
Carbohydrate	35.8	g
-sugars	14.1	g
Sodium	222	mg

2



You will need: chef's knife, chopping board, garlic crusher, aluminium foil, medium bowl, large bowl, plate, oven tray lined with baking paper, and a medium frying pan.

1 Preheat the oven to **200°C/180°C fan-forced**.

2 In a medium bowl combine half of the **olive oil**, the **Worcestershire sauce**, **garlic**, **lime juice**, **Cajun spice mix** and **brown sugar**. Season with **salt** and **pepper**. Add the **premium beef rump** and toss in marinade to coat well. Set aside.

3 Meanwhile, toss the **sweet potato** and **corn** in the remaining olive oil and place on the prepared oven tray. Season with salt and pepper and roast in the oven for **30-35 minutes** or until tender and a little charred. Allow the corn to cool, then cut into 2 cm thick rounds.

4 In the last **10 minutes** of the vegetable cooking time, heat a medium frying pan over a medium-high heat. Add the marinated beef and cook for **2-3 minutes** on each side, for medium rare, or until cooked to your liking (cooking times will vary depending on the thickness of your steak). Set aside on a plate and cover with foil to rest for **5 minutes**. Cut into thick slices.

5 Toss the **rocket**, roast vegetables, sliced steak and **coriander** in a large bowl. Season to taste with salt and pepper. Drizzle with a little extra olive oil if you like.

6 Divide the salad between plates and enjoy!

Did you know? Jerk seasoning hails from Jamaican cuisine.

3a



3b



4

