



Lemon-Pepper Beef Rump & Baby Broccoli

with Roast Potato & Dijon Green Beans

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Garlic



Beef Rump



Lemon Pepper Seasoning



Dijon Mustard



Garlic Aioli



Beef Rump

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

Carb Smart

The trick to making your sides as good as the main event? Just give them a little TLC! With a few classic flavours, the Dijon green beans and baby broccoli and roast potatoes more than hold their own with 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

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
potato	2	4
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
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)	2003kJ (479Cal)	379kJ (91Cal)
Protein (g)	40.2g	7.6g
Fat, total (g)	22.2g	4.2g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	28.6g	5.4g
- sugars (g)	8.5g	1.6g
Sodium (mg)	622mg	118mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2678kJ (640Cal)	395kJ (94Cal)
Protein (g)	70.8g	10.4g
Fat, total (g)	26.4g	3.9g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	28.6g	4.2g
- sugars (g)	8.5g	1.3g
Sodium (mg)	697mg	103mg

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

2023 | CW24



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.

3



Cook the veggies & beef

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **green beans** and **baby broccoli** and cook tossing, until tender, **4-5 minutes**.
- Add **garlic** and a drizzle of **olive oil**. 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 and return to high heat with a drizzle of **olive oil**. Cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest (the beef will keep cooking as it rests!).

Custom Recipe: Cook beef rump in batches if your pan is getting crowded.

2



Get prepped

- Meanwhile, trim **baby broccoli** and **green beans**. Finely chop **garlic**.
- 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!). Season with **salt** and **pepper**.
- 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.

Custom Recipe: If you've doubled your beef rump, season as above.

4



Serve up

- Slice lemon-pepper beef rump.
- Divide beef, roast potato and Dijon green beans and baby broccoli between plates.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

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