



# Easy Beef Rump & Garlic Butter

with Roast Veggie Toss & Creamy Pesto

Grab your Meal Kit with this symbol



Red Onion



Sweet Potato



Carrot



Beetroot



Aussie Spice Blend



Garlic



Baby Spinach Leaves



Beef Rump



Creamy Pesto Dressing

Prep in: **15-25 mins**  
Ready in: **30-40 mins**



Naturally Gluten-Free  
*Not suitable for coeliacs*



Carb Smart

Simple and sensational – they're the buzzwords for tonight's dinner. A tender beef rump with a creamy pesto dressing, golden roasted veggies and an aromatic garlic butter combine to make a special meal that'll have you buzzing too!

### Pantry items

Olive Oil, Butter, White Wine Vinegar



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## 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
red onion	1	2
sweet potato	1	2
carrot	1	2
beetroot	1	2
Aussie spice blend	1 medium sachet	1 large sachet
garlic	1 clove	2 cloves
beef rump	1 small packet	1 large packet
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2331kJ (557Cal)	390kJ (93Cal)
Protein (g)	37.9g	6.3g
Fat, total (g)	28.7g	4.8g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	33.6g	5.6g
- sugars (g)	21g	3.5g
Sodium (mg)	753mg	126mg
Dietary Fibre (g)	11.3g	1.9g

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.

## 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.

1



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **red onion, sweet potato, carrot** and **beetroot** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Aussie spice blend** and toss to coat.
- Roast until tender, **20-25 minutes**.

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

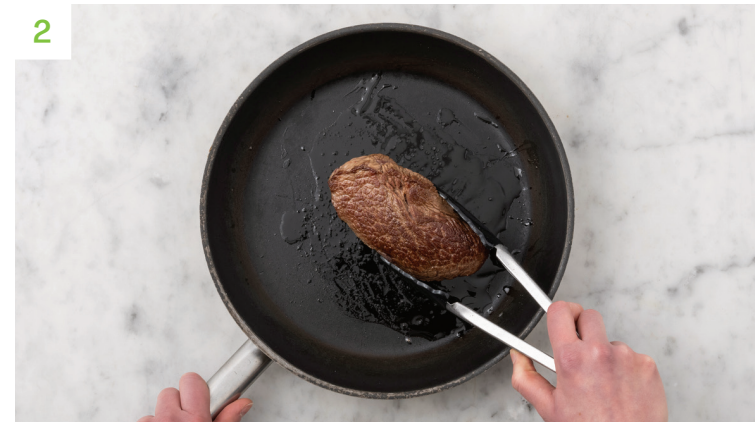
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## Bring it all together

- To the roast **veggie** tray, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Toss to combine.
- Season to taste.

2



## Cook the beef

- Meanwhile, finely chop **garlic**.
- See '**Top Steak Tips!**' (**bottom left**). In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, cook **beef rump** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking.
- In the last **1-2 minutes**, add **garlic** and the **butter**. Season with **salt** and **pepper**. Transfer to a plate to rest (it will keep cooking as it rests!).

4



## Serve up

- Slice beef rump.
- Divide roast veggie toss between plates. Drizzle with **creamy pesto dressing**.
- Top with beef to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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