



Easy Lemon Pepper Steak

with Veggie Fries & Rainbow Salad

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Potato



Lemon Pepper Seasoning



Celery



Beef Rump



Deluxe Salad Mix



Mayonnaise



Beef Rump

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

Carb Smart

Tonight's dinner really is easy. While the carrot and potato fries are getting lovely and caramelised in the oven, sear a succulent steak with our zingy, peppery spice blend, and toss the crisp and colourful salad. By swapping out some of the potato for subtly sweet and earthy carrot, we've kept the carbs in check for you too.

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

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
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
beef rump	1 small packet	1 large packet
lemon pepper seasoning	1 medium sachet	1 large sachet
celery	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
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)	1576kJ (377Cal)	335kJ (80Cal)
Protein (g)	35.4g	7.5g
Fat, total (g)	14.8g	3.1g
- saturated (g)	2.3g	0.5g
Carbohydrate (g)	23.1g	4.9g
- sugars (g)	11.9g	2.5g
Sodium (mg)	611mg	130mg
Dietary Fibre (g)	7.6g	1.6g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2251kJ (538Cal)	363kJ (86Cal)
Protein (g)	66g	10.6g
Fat, total (g)	19g	3.1g
- saturated (g)	3.8g	0.6g
Carbohydrate (g)	23.1g	3.7g
- sugars (g)	11.9g	1.9g
Sodium (mg)	686mg	111mg
Dietary Fibre (g)	7.6g	1.2g

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.

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.

We're here to help!

Scan here if you have any questions or concerns

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1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

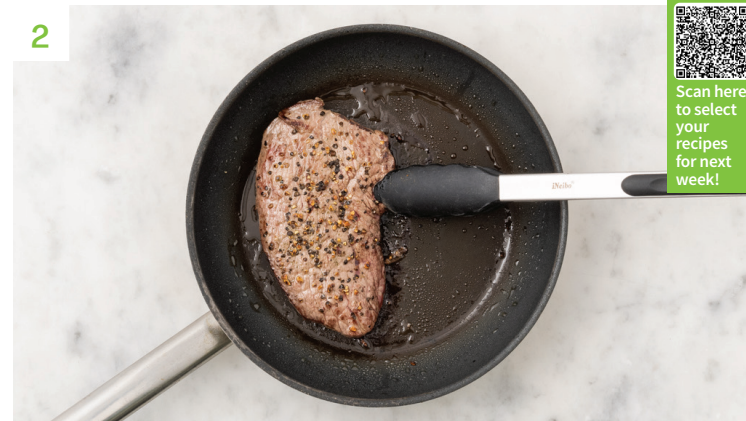
3



Get prepped

- While the steak is resting, thinly slice **celery**.
- In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **deluxe salad mix** and **celery**. Toss to combine.

2



Cook the steak

- See '**Top Steak Tips!**' (*bottom left*). Meanwhile, 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!).
- In a medium bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**. Add **beef**, turning to coat.
- When the fries have **10 minutes** remaining, heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness) or until cooked to your liking. Transfer to a plate to rest.

Custom Recipe: If cooking double the beef rump, cook in batches for the best result!

4



Serve up

- Slice lemon pepper steak.
- Divide steak, veggie fries and rainbow salad between plates.
- Serve with **mayonnaise**. Enjoy!



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