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WK51
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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: 45 mins

Total: 55 mins



level 1



high protein



lactose free

Pantry Items



Olive Oil



Worcestershire Sauce



Brown Sugar



Garlic



Lime



Cajun Spice Mix



Premium Beef Rump



Sweet Potato



Corn



Rocket Leaves



Coriander

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2P	4P	Ingredients
2 tbs	4 tbs	olive oil *
2 tsp	1 tbs	Worcestershire sauce *
1 clove	2 cloves	garlic, peeled & crushed
1	2	lime, juiced
½ sachet	1 sachet	Cajun spice mix (recommended amount)
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
½ bag	1 bag	rocket leaves, washed
½ bunch	1 bunch	coriander, leaves picked

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2200	Kj
Protein	39.4	g
Fat, total	22.1	g
-saturated	5.1	g
Carbohydrate	38.7	g
-sugars	15	g
Sodium	190	mg

2



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

1 Preheat the oven to **220°C/200°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.

3a



3 Meanwhile, place the **sweet potato** and **corn** on the prepared oven tray and toss in the remaining olive oil. Season with salt and pepper and roast in the oven for **30-40 minutes** or until tender and a little charred. Allow the corn to cool, then cut into 2 cm thick rounds.

3b



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 **3-4 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 1 cm thick slices.

Tip: Don't be tempted to skip resting the steak. This is an integral part of the cooking process and will ensure your steak is tender.

4



5 Toss the **rocket leaves**, 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 To serve, divide the salad between plates and enjoy!

Did you know? Jerk seasoning hails from Jamaican cuisine.