



# Seared Beef & Garlic Butter

with Roast Veggies & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Red Onion



Potato



Carrot



Beetroot



Aussie Spice Blend



Garlic



Beef Rump



Baby Spinach Leaves



Creamy Pesto Dressing



Hands-on: **15-20 mins**  
Ready in: **30-40 mins**



Carb Smart



Naturally Gluten-Free  
*Not suitable for coeliacs*

Prepare for something a little more spesh than your standard meat and three veg meal. The secret is garlic butter - a totally irresistible flavour combo to coat succulent seared beef rump. It's a low carb dish you'll find easy to love.

### 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
olive oil*	refer to method	refer to method
red onion	1	2
potato	1	2
carrot	1	2
beetroot	1	2
Aussie spice blend	1 sachet	2 sachets
garlic	1 clove	2 cloves
beef rump	1 packet	1 packet
butter*	20g	40g
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2200kJ (526Cal)	462kJ (110Cal)
Protein (g)	36.5g	7.7g
Fat, total (g)	28.7g	6g
- saturated (g)	8.5g	1.8g
Carbohydrate (g)	26.4g	5.5g
- sugars (g)	12.8g	5.5g
Sodium (mg)	717mg	151mg
Dietary Fibre (g)	8.2g	1.7g

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](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **red onion**, **potato** and **carrot** into bite-sized chunks. Cut the **beetroot** into 1cm chunks.



## Roast the veggies

Spread the **onion**, **potato**, **carrot** and **beetroot** on a lined oven tray. Add the **Aussie spice blend** and a drizzle of **olive oil** and toss to coat. Bake until tender, **20-25 minutes**. Remove from the oven and set aside to cool.



## Start the beef

While the veggies are roasting, finely chop the **garlic**.



## Cook the beef

**See Top Steak Tips (below) for extra info!**

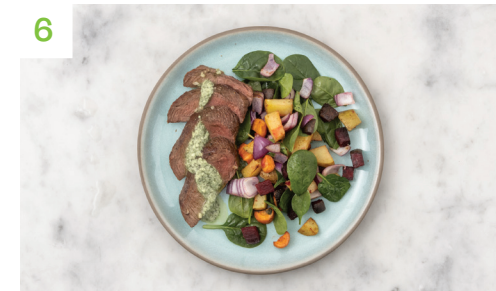
Heat a large frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **beef rump** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. In the final **1-2 minutes** of cook time, add the **garlic** and **butter**. Season with **salt** and **pepper**. Transfer to a plate to rest.

**TIP:** This will give you a medium steak but cook for a little less if you like it rare, or a little longer for well done.



## Bring it all together

Add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the oven tray. Toss to combine. Season to taste.



## Serve up

Slice the seared garlic butter beef rump between plates. Serve with the roast veggies and drizzle over the **creamy pesto dressing**.

## Enjoy!

### 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.