

# Seared Steak & Garlic Butter

with Roast Veggies & Garden Salad

Grab your Meal Kit  
with this symbol



Carrot



Potato



Aussie Spice  
Blend



Garlic



Tomato



Beef Rump



Chilli Flakes  
(Optional)



Mixed Leaves



Mayonnaise

Prep in: **20-30 mins**  
Ready in: **30-40 mins**

 Spicy (optional  
chilli flakes)



**Naturally Gluten-Free**  
*Not suitable for coeliacs*



**Carb Smart**

Ditch the basic meat-and-three-veg and whip up this delightful beef rump dish instead. We've swapped out some of the potatoes for carrots to keep the carbs in check, and topped the tender steak with a heavenly butter, which you spike with chilli flakes if you'd like a little more heat.

## Pantry items

Olive Oil, Butter, Balsamic 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	2	4
Aussie spice blend	1 medium sachet	1 large sachet
garlic	2 cloves	4 cloves
tomato	1	2
beef rump	1 small packet	1 large packet
butter*	30g	60g
chilli flakes (optional) 🌶️	pinch	pinch
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
mayonnaise	1 packet (40g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2443kJ (583Cal)	444kJ (106Cal)
Protein (g)	37.3g	6.8g
Fat, total (g)	32.4g	5.9g
- saturated (g)	11.2g	2g
Carbohydrate (g)	33.9g	6.2g
- sugars (g)	11.2g	2g
Sodium (mg)	729mg	133mg
Dietary Fibre	8.5g	1.5g

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Roast the veggies

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

2



## Get prepped

Meanwhile, finely chop **garlic**. Cut **tomato** into wedges. Place **beef rump** between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Season with **salt** and **pepper**, then set aside.

**TIP:** Pounding the beef ensures it's extra tender once cooked!

3



## Prep the butter

In a small bowl, mash the **butter**, **garlic** and a pinch of **chilli flakes** (if using) with a fork. Season, then set aside.

4



## Cook the beef

See '**Top Steak Tips!**' (**bottom left**). When veggies have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over high heat. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Remove pan from heat, then add **garlic butter**, turning beef to coat. Transfer to a plate.

**TIP:** The steak will keep cooking while it rests.

5



## Toss the salad

In a large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Season, then add **tomato** and **mixed leaves**. Toss to coat.

6



## Serve up

Slice the seared steak. Divide steak, roast veggies and garden salad between plates. Spoon any remaining garlic butter from the pan over the steak. Serve with **mayonnaise**.

## Enjoy!

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