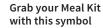


Seared Steak & Garlic Butter

with Roast Veggies & Garden Salad

KID FRIENDLY











Potato







Tomato



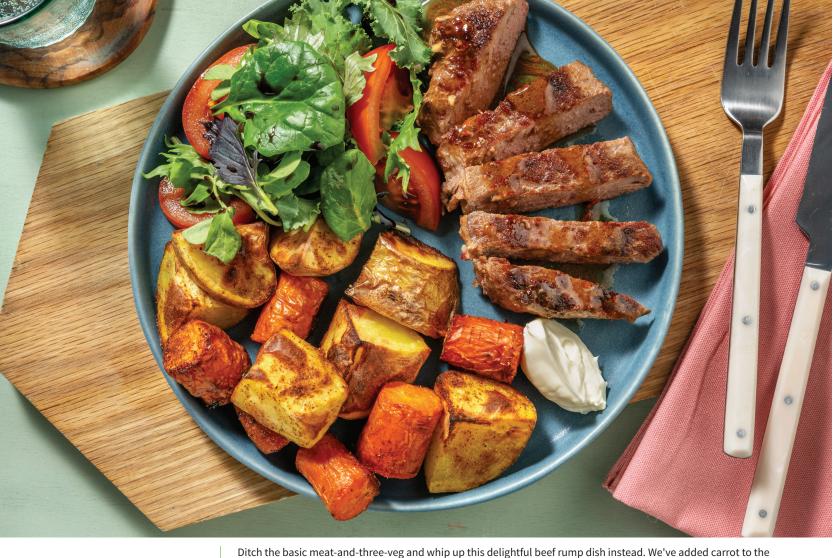
Leaves



Mayonnaise



Beef Rump



Carb Smart* *Custom Recipe is not Carb Smart

Prep in: 20-30 mins

Ready in: 30-40 mins

potato to keep the carbs in check, and topped the tender steak with a heavenly butter, which you can 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 \cdot Large frying pan

Ingredients

9		
	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 salad leaves	1 small bag	1 medium bag
mayonnaise	1 medium packet	1 large packet
beef rump**	1 small packet	1 medium packet

^{*}Pantry Items ** Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2412kJ (576Cal)	438kJ (105Cal)
Protein (g)	37.4g	6.8g
Fat, total (g)	32.3g	5.9g
- saturated (g)	11.2g	2g
Carbohydrate (g)	32.6g	5.9g
- sugars (g)	12g	2.2g
Sodium (mg)	733mg	133mg
Dietary Fibre (g)	8.4g	1.5g
Custom Recipe		

Oustonnecipe		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3087kJ (738Cal)	441kJ (105Cal)
Protein (g)	68g	9.7g
Fat, total (g)	36.5g	5.2g
- saturated (g)	12.7g	1.8g
Carbohydrate (g)	32.6g	4.7g
- sugars (g)	12g	1.7g
Sodium (mg)	808mg	115mg

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.

We're here to help!

Scan here if you have any questions or concerns





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut carrot and potato into bite-sized chunks.
- Place prepped 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.

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



Get prepped

- Meanwhile, finely chop garlic. Cut tomato into wedges. Set aside.
- 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!



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.



Cook the beef

- See 'Top Steak Tips!' (below). 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 3-6 minutes, or until cooked to your liking.
- Remove pan from heat, then add **garlic butter**, turning **beef** to coat. Transfer to a plate.

Custom Recipe: If you've doubled your beef, cook beef in batches for the best results. Return all beef to the pan, then add the garlic butter, turning beef to coat.



Toss the salad

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



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!

Top Steak Tips!

- 1. Use paper towel to pat steak dry before seasoning.
- 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.



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