

Seared Steak & Garlic Butter

with Roast Veggies & Garden Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Potato



Aussie Spice Blend



Garlic



Tomato



Chilli Flakes (Optional)



Mixed Salad Leaves



Beef Rump



Mayonnaise



Beef Rump

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



Carb Smart*

*Custom Recipe is not Carb Smart

Ditch the basic meat-and-three-veg and whip up this delightful beef rump dish instead. We've added carrot to the 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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 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

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!

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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.



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.

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.



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!



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.



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.



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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