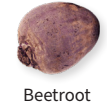




Seared Steak & Roast Veggie Toss with Mustard Mayo

Grab your Meal Kit
with this symbol



Beetroot



Carrot



Potato



Beef Rump



Spinach &
Rocket Mix



Mustard Mayo

Hands-on: **20-30 mins**
 Ready in: **35-45 mins**

Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

If you're looking for a satisfying low-carb meal, look no further than this classic steak and veggie combo. With a juicy steak, roasted veggies and a creamy mustard mayo to top it off, you simply can't go wrong!

Pantry items

Olive Oil, Red Wine Vinegar
(or 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 |
| beetroot | 1 | 2 |
| carrot | 1 | 2 |
| potato | 1 | 2 |
| beef rump | 1 packet | 1 packet |
| spinach & rocket mix | 1 small bag (30g) | 1 medium bag (60g) |
| red wine vinegar* (or white wine vinegar) | 1 tsp | 2 tsp |
| mustard mayo | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2029kJ (485Cal) | 421kJ (101Cal) |
| Protein (g) | 36.4g | 7.6g |
| Fat, total (g) | 24.2g | 5g |
| - saturated (g) | 3.4g | 0.7g |
| Carbohydrate (g) | 28.3g | 5.9g |
| - sugars (g) | 14.7g | 5.9g |
| Sodium (mg) | 366mg | 76mg |
| Dietary Fibre (g) | 8.7g | 1.8g |

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.

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **beetroot** into small chunks. Cut the **carrot** into half-moons. Cut the **potato** into bite-sized chunks.



Roast the veggies

Place the **beetroot**, **carrot** and **potato** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**. Set aside to cool slightly.



Prep the steak

See Top Steak Tips (left) for extra info! Pat the **beef rump** dry with paper towel. Season the **beef** on both sides.



Cook the steak

In a large frying pan, heat a drizzle of **olive oil** over a high heat. When the oil is hot, cook the **beef** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. 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.



Toss the veggies

While the steak is resting, combine the **roasted veggies**, the **spinach & rocket mix** and a drizzle of **red wine vinegar** in a large bowl. Season.

TIP: Combine everything on the roasted veggie tray and save on washing up!



Serve up

Slice the steak. Divide the seared steak (plus any resting juices!) and roast veggie toss between plates. Serve with the **mustard mayo**.

Enjoy!

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