



Seared Steak & Roast Veggie Toss with Mustard Mayo

DIETITIAN APPROVED

Grab your Meal Kit
with this symbol



Carrot



Capsicum



Sweet Potato



Kale

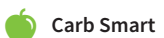


Beef Rump



Mustard Mayo

Prep in: 20-30 mins
Ready in: 35-45 mins



From the juicy steak to the vibrant veggie medley and our moreish mustard mayo to top it off, you can't go wrong with this carb conscious dish.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
capsicum	1	2
sweet potato	1	2
kale	1 medium bag	1 large bag
beef rump	1 small packet	1 large packet
vinegar* (white wine or balsamic)	1 tsp	2 tsp
mustard mayo	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1790kJ (428Cal)	353kJ (84Cal)
Protein (g)	36.7g	7.2g
Fat, total (g)	19.5g	3.8g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	25.9g	5.1g
- sugars (g)	16.5g	3.3g
Sodium (mg)	422mg	83mg
Dietary Fibre (g)	9.9g	2g

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.



Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **carrot** into half-moons.
- Cut **capsicum** and **sweet potato** into bite-sized chunks.



Cook the steak

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Season **beef** on both sides.
- When oil is hot, cook the **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: The steak will keep cooking as it rests.



Roast the veggies

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, roughly tear **kale leaves**, then discard stems.
- When the veggies have **8 minutes** remaining, add **kale** and a pinch of **salt** to the tray. Gently toss to combine. Roast until tender, a further **5-8 minutes**.

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



Toss the veggies

- While the steak is resting, add the **vinegar** to the tray with the **roasted veggies**.
- Gently toss to combine.



Prep the steak

- See '**Top Steak Tips!** (below). Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened. Season **beef** with **salt** and **pepper**.

TIP: Pounding the beef ensures that it's extra tender once cooked.



Serve up

- Slice the seared steak.
- Divide steak and roast veggie toss between plates. Spoon any resting juices over steak.
- Top with a dollop of **mustard mayo** to serve. 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.

We're here to help!

Scan here if you have any questions or concerns

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