



Garlic & Herb Beef Rump

with Roast Veggie Toss & Peppercorn Aioli

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic & Herb Seasoning



Beef Rump



Black Peppercorns



Garlic Aioli



Baby Spinach Leaves

 Hands-on: **10-20 mins**
Ready in: **30-40 mins**

A crispy stack of colourful roasted veggies creates the base for a steak dish of joyous proportions. Tender slices of beef rump are adorned in herby seasoning and topped by peppercorn aioli to take things up a notch. Now, if that doesn't sound like heaven on earth, we don't know what does!

Pantry items

Olive Oil, Butter, 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
potato	2	4
carrot	1	2
beetroot	1	2
garlic & herb seasoning	1 sachet	1 sachet
beef rump	1 packet	1 packet
butter*	20g	40g
black peppercorns	½ sachet	1 sachet
garlic aioli	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2905kJ (694Cal)	479kJ (114Cal)
Protein (g)	41.4g	6.8g
Fat, total (g)	36.5g	6g
- saturated (g)	12.7g	2.1g
Carbohydrate (g)	49g	8.1g
- sugars (g)	17.6g	2.9g
Sodium (mg)	868mg	143mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** and **carrot** into wedges. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Make the peppercorn aioli

- While beef is resting, lightly crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- In a small bowl, combine crushed **peppercorns** and **garlic aioli**.
- When veggies are done, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray with **roasted veggies** and gently toss to combine.

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.

2



Cook the beef

- **See Top Steak Tips (below) for extra info!**
- Meanwhile, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** in a medium bowl. Add **beef rump** and turn to coat.
- When veggies have **10 minutes** cook time remaining, heat a large frying pan over a high heat with a drizzle of **olive oil** and the **butter**. When oil is hot, cook **beef** for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

4



Serve up

- Slice garlic and herb beef rump.
- Divide beef and roast veggie toss between plates.
- Serve with peppercorn aioli.

Enjoy!