



# SEARED LEMON-PEPPER BEEF

with Roast Potatoes & Mustard Veggies



Add mustard to veggies  
for extra flavour



Potato



Broccoli



Carrot



Garlic



Beef Rump



Lemon Pepper  
Spice Blend



Dijon Mustard



Garlic Aioli

**Pantry Staples:** Olive Oil

Hands-on: **15 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Low calorie

The trick to making your veggie sides as good as the main event? Just give them a little TLC! With a few classic flavours, this broccoli and carrot more than holds its own with succulent lemon pepper beef.

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium frying pan**



## 1 ROAST THE POTATOES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Place the potato, a **drizzle of olive oil** and a **pinch of salt and pepper** on the oven tray lined with baking paper. Toss to coat, then roast for **25-30 minutes** or until tender.

**TIP:** Cut the potato to the correct size so it cooks in the allocated time!



## 2 PREP THE VEG & BEEF

While the potato is roasting, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Slice the **beef rump** in half to get 1 steak per person. In a medium bowl, place the beef rump, **lemon pepper spice blend**, a **drizzle of olive oil** and a **pinch of salt and pepper**. Toss to coat and set aside.



## 3 COOK THE BROCCOLI & CARROT

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccoli, carrot** and a **splash of water** and cook, tossing occasionally, for **7-8 minutes**, or until tender.



## 4 ADD FLAVOUR TO THE VEGGIES

Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **Dijon mustard**, a **drizzle of olive oil** and a **pinch of salt and pepper** and stir to coat the veggies. Transfer to a medium bowl and cover to keep warm.



## 5 COOK THE LEMON-PEPPER BEEF

Return the pan to a high heat and add the **beef rump**. Cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate, cover with foil and let rest for **5 minutes**. **TIP:** This will give you a medium steak so cook a little less for rare or a little longer for well done.



## 6 SERVE UP

Thinly slice the lemon pepper beef. Divide the seared lemon pepper beef, roast potatoes and mustard veg between plates. Serve with **garlic aioli**.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
beef rump	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
Dijon mustard	1 tub (15 g)	2 tubs (30 g)
garlic aioli	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (533Cal)	377kJ (90Cal)
Protein (g)	45.1g	7.6g
Fat, total (g)	21.7g	3.7g
- saturated (g)	4.5g	0.8g
Carbohydrate (g)	33.3g	5.6g
- sugars (g)	7.1g	1.2g
Sodium (g)	493mg	83mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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