

Seared Steak & Roast Veggie Toss

with Peppercorn Aioli

Grab your Meal Kit with this symbol



Beetroot



Carrot



Potato



Black Peppercorns



Garlic Aioli



Beef Rump



Baby Spinach Leaves

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

 Naturally gluten-free
Not suitable for Coeliacs

 Carb Smart

Wholesome roasted veggies and a juicy slice of beef steak - what could be more delish and low-carb? Topped with a tasty garlic aioli, you'll be licking the plate clean in no time!

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
black peppercorns	½ sachet	1 sachet
garlic aioli	1 packet (50g)	1 packet (100g)
beef rump	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
red wine vinegar* (or white wine vinegar)	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2149kJ (513Cal)	445kJ (106Cal)
Protein (g)	36.3g	7.5g
Fat, total (g)	26.8g	5.6g
- saturated (g)	3.5g	0.7g
Carbohydrate (g)	28.3g	5.9g
- sugars (g)	15.1g	3.1g
Sodium (mg)	246mg	51mg
Dietary fibre (g)	13.1g	2.7g

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.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 1cm half-moons. Cut the **potato** (unpeeled) into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**. Set aside to cool slightly.



Make the peppercorn aioli

While the veggies are roasting, lightly crush the **black peppercorns** (see ingredients) in a pestle and mortar or in their sachet using a rolling pin. In a small bowl, combine the crushed **peppercorns** and **garlic aioli**.



Prep the steak

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Slice the **beef rump** in half to get 1 steak per person. Season both sides with **salt** and **pepper**.



Cook the steak

See Top Steak Tips (below) for extra info!

When the oil is hot, cook the **beef rump** 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**, **baby spinach leaves** and a drizzle of **red wine vinegar** in a large bowl. Toss to combine and season to taste.



Serve up

Slice the seared steak. Divide the steak, plus any resting juices, and roast veggie toss between plates. Serve with the peppercorn aioli.

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.