



Seared Steak & Kumara Toss

with Garlic Yoghurt Dressing

Grab your Meal Kit with this symbol



Beetroot



Courgette



Kumara



Garlic



Greek-Style Yoghurt



Beef Rump



Baby Spinach Leaves

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

Carb Smart

Wholesome roasted veggies and a juicy cut of beef rump steak - what could be more delish? It's topped with a creamy garlic yoghurt to keep it low in calories, so you'll be licking the plate clean without any of the guilt!

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
courgette	1	2
kumara	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
beef rump	1 packet	1 packet
baby spinach leaves	1 bag (30g)	1 bag (60g)
red wine vinegar* (or white wine vinegar)	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1795kJ (429Cal)	347kJ (82Cal)
Protein (g)	39.6g	7.7g
Fat, total (g)	17.1g	3.3g
- saturated (g)	7.4g	1.4g
Carbohydrate (g)	29.8g	5.8g
- sugars (g)	20.8g	4g
Sodium (mg)	177mg	34mg
Dietary Fibre (g)	5.9g	1.2g

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.



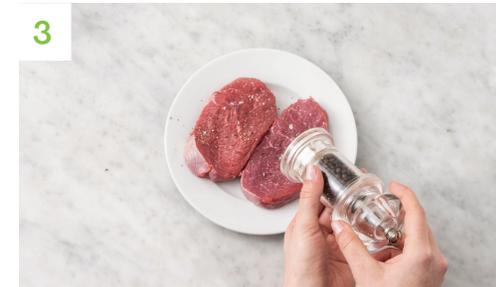
Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** into small chunks. Slice the **courgette** into rounds. Peel the **kumara** and cut into bite-sized chunks. Place the **veggies** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Add a dash of **water** to the tray and roast until tender, **20-25 minutes**. Set aside to cool slightly.



Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and a splash of **water** to the bowl. Stir to combine and season to taste. Set aside.



Season the beef rump

When the veggies have **10 minutes** cook time remaining, return the frying pan to a high heat with a drizzle of **olive oil**. Season the **beef rump** on both sides.



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 for **5 minutes**.



Toss the veggies

While the steak is resting, add the **baby spinach leaves** and a drizzle of **red wine vinegar** to the tray of roasted **veggies**. Toss to combine and season to taste.



Serve up

Slice the steak. Divide the steak (plus any resting juices) and kumara toss between plates. Drizzle over the garlic yoghurt dressing.

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.