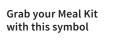
with Roast Root Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY















White Turnip







**Aussie Spice** 

Blend

Beef Rump

**Baby Spinach** 



Creamy Pesto Dressing





Prep in: 15-25 mins Ready in: 30-40 mins



Olive Oil, Butter, White Wine Vinegar

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

# Ingredients

9			
2 People	4 People		
refer to method	refer to method		
1 (medium)	1 (large)		
1	2		
1	2		
1	2		
1 clove	2 cloves		
1 sachet	1 sachet		
1 small packet	2 small packets OR 1 large packet		
20g	40g		
1 medium bag	1 large bag		
drizzle	drizzle		
1 packet	1 packet		
1 small packet	2 small packets OR 1 large packet		
	refer to method 1 (medium) 1 1 1 1 clove 1 sachet 1 small packet 20g 1 medium bag drizzle 1 packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2148kJ (513Cal)	407kJ (97Cal)
Protein (g)	38.9g	7.4g
Fat, total (g)	23.8g	4.5g
- saturated (g)	10.2g	1.9g
Carbohydrate (g)	34.7g	6.6g
- sugars (g)	18.8g	3.6g
Sodium (mg)	847mg	160mg
Dietary Fibre (g)	8.4g	1.6g

### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2962kJ (708Cal)	437kJ (104Cal)
Protein (g)	70.8g	10.4g
Fat, total (g)	31.3g	4.6g
- saturated (g)	14.2g	2.1g
Carbohydrate (g)	34.7g	5.1g
- sugars (g)	18.8g	2.8g
Sodium (mg)	921mg	136mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut onion, potato and white turnip into bite-sized chunks. Cut beetroot into small chunks. Finely chop garlic.
- Place onion, potato, turnip and beetroot on a lined oven tray. Sprinkle
  with Aussie spice blend and drizzle with olive oil. Toss to coat, spread out
  evenly, then roast until tender, 20-25 minutes. Allow to cool slightly.

Little cooks: Help toss the veggies!

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



# Bring it all together

 To the roasted veggies, add baby spinach leaves and a drizzle of white wine vinegar. Toss to combine and season to taste.



## Cook the steak

- When the veggies have 10 minutes remaining, 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.
- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
  hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until
  cooked to your liking.
- In the last 1-2 minutes of cook time, add garlic and the butter, then season with salt and pepper. Transfer to a plate to rest.

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

**Custom Recipe:** If you've doubled your beef rump, cook in batches for best results! Return all beef to pan and continue with step.



# Serve up

- · Slice seared garlic butter steak.
- Divide steak and roast root veggie toss between plates.
- Drizzle with **creamy pesto dressing** to serve. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the dressing!

## Rate your recipe

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate

