

Beef Rump & Grilled Veggie Salad

with Homemade Chimichurri

Grab your meal kit
with this number

38



Capsicum



Courgette



Onion



Parsley



Chilli Flakes
(Optional)



Beef Rump



Mixed Salad
Leaves




Beef
Rump



Halloumi/
Grill Cheese

Prep in: **25-35 mins**
Ready in: **30-40 mins**

 Protein Rich

 Carb Smart

When the sun is out, we'll look for any reason to jump on the BBQ! This meal is the perfect excuse - simple ingredients like beef rump and veggies take on a spectacular charred flavour when they hit the grill. A tasty homemade chimichurri topping is what elevates this meal even more. No BBQ? No worries! Just follow the stovetop method.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

BBQ or large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
courgette	1	2
onion	½	1
parsley	1 packet	1 packet
chilli flakes (optional)	pinch	pinch
beef rump	300g	600g
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1100kJ (263Cal)	258kJ (62Cal)
Protein (g)	35.3g	8.3g
Fat, total (g)	8.2g	1.9g
- saturated (g)	4g	0.9g
Carbohydrate (g)	11.5g	2.7g
- sugars (g)	7.9g	1.9g
Sodium (mg)	88mg	21mg
Dietary Fibre (g)	4.9g	1.1g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

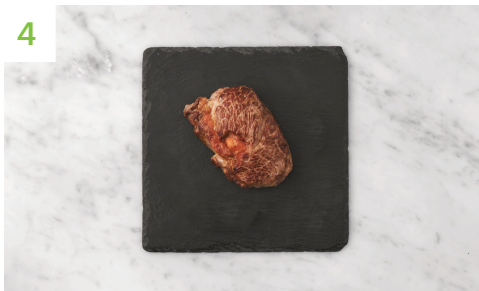
Top Steak Tips!

1. Remove steak from packaging and set aside at room temperature 15 minutes before cooking.
2. Use paper towel to pat steak dry before seasoning.
3. Check if steak is done by pressing on it gently with tongs: rare steak is soft, medium is springy and well-done is firm.
4. Let steak rest on a plate for 5 minutes before slicing.



Get prepped

- See **'Top Steak Tips!'** (below left).
- Preheat BBQ to high heat.
- Cut **capsicum** into strips.
- Thinly slice **courgette** lengthways.
- Cut **onion** (see ingredients) into wedges.
- In a large bowl, combine **capsicum, courgette** and **onion** and a drizzle of **olive oil**. Season to taste with **salt** and **pepper**. Set aside.



Cook the beef

- Meanwhile, grill **beef rump**, turning, for **3-4 minutes** each side for medium-rare, or until cooked to your liking. Transfer to a plate to rest.

No BBQ? In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, for 4-5 minutes each side for medium-rare, or until cooked to your liking.



Make the chimichurri sauce

- Finely chop **parsley**.
- In a small bowl, combine **parsley, olive oil** (2 tbsp 2 people / ¼ cup 4 people) and a pinch of **chilli flakes** (if using). Season to taste and set aside.



Toss the salad

- To the bowl with veggies, add **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.



Cook the veggies

- When BBQ is hot, grill **onion** and **capsicum** on a BBQ flat plate, tossing occasionally, until tender and slightly charred, **8-10 minutes**.
- Meanwhile, grill **courgette** until charred and tender, **3-5 minutes** each side.
- Transfer **veggies** to a second large bowl.

No BBQ? Heat a frying pan over medium-high heat. Cook courgette until tender, 3-5 minutes each side. Transfer to a plate. Return frying pan to medium-high heat with a drizzle of olive oil. Cook capsicum and onion, tossing occasionally, until tender and lightly charred, 6-8 minutes. Transfer to the plate with the courgette.



Finish & serve

- Slice beef.
- Divide beef rump and grilled veggie salad between plates. Top beef with homemade chimichurri to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW50



CUSTOM OPTIONS



BEEF RUMP:

Follow method above, cooking in batches if necessary.



HALLOUMI / GRILL CHEESE:

Cut into 2cm chunks. Cook in a frying pan with a drizzle of olive oil, tossing, until browned, 2-4 minutes.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

