

Peppered Beef Rump & Oregano Wedges

with Roast Courgette & Orange Salad

Grab your meal kit with this number

38



Potato



Dried Oregano



Courgette



Mint



Garlic



Orange



Greek-Style Yoghurt



Beef Rump



Spinach & Rocket Mix



Balsamic & Olive Oil Dressing



Beef Rump



Chicken Thigh

Prep in: 20-30 mins
Ready in: 30-40 mins

Tonight we're pairing peppered beef rump with golden, oven-baked potato wedges seasoned with oregano for a Medi-inspired crunch. To keep things light, enjoy a roasted courgette salad tossed with baby spinach, rocket and orange wedges in a balsamic and olive oil dressing, finished with a hint of fresh mint. A dollop of creamy garlic yoghurt brings it all together for a balanced and flavour-packed plate.

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	1 medium sachet	1 large sachet
courgette	1	2
mint	1 large packet	1 large packet
garlic	2 cloves	4 cloves
orange	1	2
Greek-style yoghurt	1 medium packet	1 large packet
beef rump	300g	600g
pepper*	¼ tsp	½ tsp
spinach & rocket mix	1 medium packet	1 large packet
balsamic & olive oil dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1950kJ (467Cal)	342kJ (82Cal)
Protein (g)	39.7g	7g
Fat, total (g)	19.6g	3.4g
- saturated (g)	6.3g	1.1g
Carbohydrate (g)	29.2g	5.1g
- sugars (g)	18.6g	3.3g
Sodium (mg)	165mg	29g
Dietary Fibre (g)	7.9g	1.4g

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.



Bake the wedges

- See **'Top Steak Tips!'** (below left).
- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.
- Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over **dried oregano**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

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



Roast the courgette

- Roughly chop **courgette** into bite-sized chunks.
- Place on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.



Get prepped

- Meanwhile, pick and tear **mint leaves**.
- Finely chop **garlic**.
- Peel, then thinly slice **orange** into wedges.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer **garlic oil** to a small heatproof bowl, then add **Greek-style yoghurt** and stir to combine. Season to taste.



Cook the beef

- Season **beef rump** generously with **salt** and the **pepper**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **beef** for **4-5 minutes** each side for medium-rare, or until cooked to your liking. Transfer to a plate to rest.

TIP: Resting time is crucial for a juicy steak!



Toss the salad

- While the beef is resting, combine **spinach & rocket mix**, **roast courgette**, **orange**, **mint** and **balsamic & olive oil dressing** in a large bowl. Season to taste.



Finish & serve

- Slice beef.
- Divide oregano wedges, peppered beef rump and roast courgette salad between plates.
- Serve with garlic yoghurt. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM
OPTIONS



BEEF RUMP:

Follow method above, cooking in batches if necessary.



CHICKEN THIGH:

Cook, turning occasionally, until browned and cooked through, 14-16 minutes.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

