

Chimichurri Beef Rump & Veggie Fries

with Tomato Salad & Mayonnaise

Grab your Meal Kit with this symbol



Parsnip



Carrot



Tomato



Beef Rump



Chimichurri Seasoning



Mixed Leaves




Mayonnaise

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 Hands-on: 15-25 mins
Ready in: 25-35 mins

 Carb Smart

Everyone has a favourite kind of steak, make this the one that stands out above the rest by seasoning the beef with chimichurri. Cook it to your liking and complete it with roasted veggies and fresh salad on the side. It's bound to be a crowd-pleaser!

Pantry items

Olive Oil, 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
parsnip	1	2
carrot	2	4
tomato	1	2
beef rump	1 packet	1 packet
chimichurri seasoning	1 sachet	2 sachets
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1627kJ (389Cal)	352kJ (84Cal)
Protein (g)	34.9g	7.5g
Fat, total (g)	18.3g	4g
- saturated (g)	5g	1.1g
Carbohydrate (g)	22.2g	4.8g
- sugars (g)	11.5g	2.5g
Sodium (mg)	782mg	169mg
Dietary Fibre (g)	9.1g	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.



Bake the veggie fries

Preheat oven to **240°C/220°C fan-forced**. Cut **parsnip** and **carrot** into fries. Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.



Get prepped

While the fries are baking, roughly chop **tomato**.



Season the beef

Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened. On a plate, combine **beef**, **chimichurri seasoning**, a pinch of **salt** and a drizzle of **olive oil**.

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



Cook the beef

When the fries have **10 minutes** cook time remaining, heat a large frying pan over high heat a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **5-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Toss the salad

While the beef is resting, combine **tomato**, **mixed leaves**, a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.



Serve up

Slice chimichurri beef rump. Divide veggies fries, tomato salad and beef rump between plates. Serve with **mayonnaise**.

Enjoy!