



# Easy Seared Garlic Butter Steak

with Roast Root Veggie Toss & Creamy Pesto Dressing

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Onion



Potato



White Turnip



Beetroot



Garlic



Aussie Spice Blend



Beef Rump



Baby Spinach Leaves



Creamy Pesto Dressing



Beef Rump

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

Carb Smart\*  
*\*Custom Recipe is not Carb Smart*

We've dug deep to find and create this stunning meal for tonight's dinner. A roast root veggie toss, with pops of colour from the beetroot, adds an earthen texture to the succulent beef rump, slathered in a buttery garlic sauce. We know you will be excavating this plate down to the last crumb.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
onion	1 (medium)	1 (large)
potato	1	2
white turnip	1	2
beetroot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	1 sachet	1 sachet
beef rump	1 packet	1 packet (or 2 packets)
<b>butter*</b>	20g	40g
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 packet	1 packet
beef rump**	1 packet	1 packet (or 2 packets)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2217kJ (530Cal)	420kJ (100Cal)
Protein (g)	39.5g	7.5g
Fat, total (g)	25.4g	4.8g
- saturated (g)	11.5g	2.2g
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)	3101kJ (741Cal)	457kJ (109Cal)
Protein (g)	72.1g	10.6g
Fat, total (g)	34.6g	5.1g
- saturated (g)	16.7g	2.5g
Carbohydrate (g)	34.7g	5.1g
- sugars (g)	18.8g	2.8g
Sodium (mg)	920mg	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](https://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

2023 | CW23



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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.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

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## 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.

2



## 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**, 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.

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## 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?

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