



Rosemary Beef Rump

with Roasted Veggies & Pear-Parmesan Salad

Grab your Meal Kit with this symbol



Kumara



Beetroot



Rosemary



Pear



Garlic



Grated Parmesan Cheese



Spinach & Rocket Mix



Beef Rump

 Hands-on: **25-35 mins**
Ready in: **40-50 mins**

 Low Calorie

They say it takes four elements to master any dish; salt, fat, acid and heat. Luckily for you, this superb meal has all of those, and some! Seared beef steaks earn an upgrade with a fragrant garlic and rosemary sauce, balanced by a sweet Parmesan salad. Once devoured, you'll be adding 'Head Chef' to your resume in no time.

Pantry items

Olive Oil, Balsamic Vinegar, Butter, White Wine Vinegar, Honey

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 ·
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	2 (medium)	2 (large)
beetroot	1	2
rosemary	1 bunch	1 bunch
pear	½	1
garlic	1 clove	2 cloves
balsamic vinegar*	1 tsp	2 tsp
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
spinach and rocket mix	1 bag (30g)	1 bag (60g)
beef rump	1 packet	1 packet
butter*	20g	40g
warm water*	2 tsp	4 tsp
white wine vinegar*	2 tsp	4 tsp
honey*	1 tsp	2 tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2210kJ (528Cal)	449kJ (107Cal)
Protein (g)	42.8g	8.7g
Fat, total (g)	20.0g	4.1g
- saturated (g)	11.1g	2.3g
Carbohydrate (g)	40.4g	8.2g
- sugars (g)	22.0g	4.5g
Sodium (mg)	281mg	57mg

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.

Top Steak Tips!

1. Use paper towel to pat steak dry before seasoning.
2. Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
3. For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** (unpeeled) into 2cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Place the **kumara** and **beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Roast on the top oven rack until tender, **25-30 minutes**.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.

TIP: If your oven tray is crowded, spread the veggies over two trays.



4. Cook the steak

When the veggies have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a high heat. Season both sides of the **beef rump** with **salt** and **pepper**. When the oil is hot, add the **beef** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.



2. Get prepped

While the veggies are roasting, pick and finely chop the **rosemary** leaves. Thinly slice the **pear** (see ingredients list). Finely chop the **garlic** (or use a garlic press). In a large bowl, combine the **balsamic vinegar**, **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**) and a **pinch** of **salt** and **pepper**.



3. Make the salad

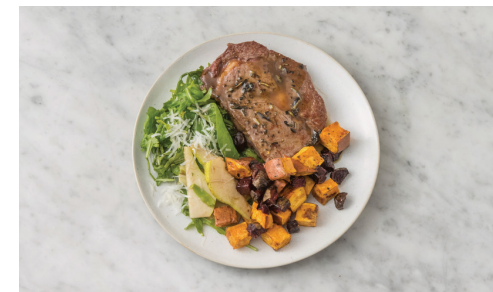
Add the **pear**, **grated Parmesan cheese** and **spinach & rocket mix** to the bowl with the **balsamic dressing**. Just before serving, toss to combine.

TIP: Toss the salad just before serving to keep the leaves crisp.



5. Make the sauce

While the steak is resting, return the frying pan to a medium-low heat with the **butter** and a **dash** of **olive oil**. Add the **garlic** and **rosemary** and cook until fragrant, **1-2 minutes**. Add the **warm water**, **white wine vinegar** and **honey** and stir to combine. Add any **steak resting juices** and season to taste with **salt** and **pepper**.



6. Serve up

Divide the roasted veggies, beef rump and pear-Parmesan salad between plates. Spoon the rosemary sauce over the steak.

Enjoy!