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Herb-Marinated Beef Rump with

Sweet Potato Wedges and Veg Ribbons



30-40min



4 Portions

Iron-rich and full of flavour, these herb-marinated steaks are a fantastic midweek meal. It's served with a range of colourful veggies, both raw and cooked, which contain a fantastic range of nutrients, and best of all, are delicious!

What we send

- parsley, garlic
- grass-fed beef rump
- lemon
- zucchini
- carrots
- sweet potato spice mix (cumin, smoked paprika, cinnamon)
- broccoli
- sweet potato

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
 - large frypan
 - oven tray
 - peeler
- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

If you don't have a wide peeler, thin strips will also work fine. Alternatively cut long thin slices using a mandolin or very sharp knife.

Allergens

May contain traces of allergenic ingredients.

Nutrition per serving

Energy 570.0kcal, Fat 16.2g, Proteins 40.9g, Carbs 55.4g



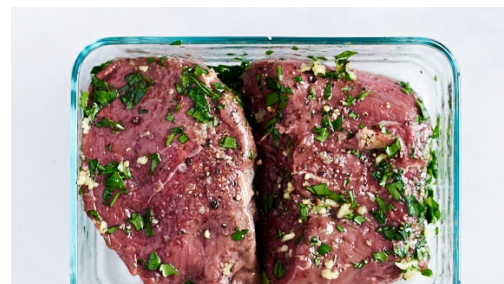
1. Roast sweet potato

Preheat oven to 200C. Line a large oven tray with baking paper. Peel **sweet potato** and cut into long wedges. Cut **broccoli** into small florets. Place potato on tray with 1 tbs **oil** and the **spice mix**. Season with **salt and pepper** and toss to coat. Roast for 10-15 mins. Add **broccoli** to the same tray and roast for a further 15 mins or until golden and tender.



4. Cook beef

Heat 2 tsp **oil** in a large ovenproof frypan over medium-high heat. Cook the **beef** for 2-3 mins each side until browned. Transfer to the oven and cook for 5-10 mins until cooked to your liking (cooking time will depend on the thickness of your steak). Rest for 5 mins before slicing.



2. Season beef

Meanwhile, pick the **parsley** leaves (discard stems) and coarsely chop. Finely chop the **garlic**. Place half the **parsley** in a shallow dish with 2 tsp **oil**, the **garlic** and **salt and pepper**. Add the **beef** and turn to coat.



5. Make salad

Combine 1 tsp of **lemon zest** and 1 tbs **lemon juice** with 2 tsp **oil** and toss with the **carrots** and **zucchini**. Season with **salt and pepper**.



3. Prepare vegetables

Using a wide potato peeler (see cooking tip), peel the **carrots** and **zucchini** into long ribbons into a large bowl. Zest and juice the **lemon**.



6. Get ready to serve

Slice the **steak** against the grain. Divide the **sweet potato wedges** between plates and serve with the **beef, broccoli** and salad, scattered with the remaining **parsley**.