



Harissa Spiced Beef Rump with potato wedges and herby carrots

Calorie Smart 40 – 45 mins • Spicy

11



Beef Rump



Garlic



Harissa Paste



Parsley



Carrot



Potatoes



Middle Eastern Style Spice Mix



Peas

Recipe Update

Due to supply chain issues, you'll receive **peas** instead of **green beans**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions and it'll still be just as delicious!

Pantry Items: Oil, Salt, Pepper, Water, Butter



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Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Garlic	1 unit	2 units
Harissa Paste	1 sachet	2 sachets
Parsley	5 g	10 g
Carrot	1 unit	2 units
Potatoes	600 g	1200 g
Middle Eastern Style Spice Mix	1 sachet	2 sachets
Peas	120 g	240 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	595.5 g	100 g
Energy (kJ/kcal)	2603 kJ/ 622 kcal	437 kJ/ 104 kcal
Fat (g)	22.6 g	3.8 g
Sat. Fat (g)	8.9 g	1.5 g
Carbohydrate (g)	71 g	11.9 g
Sugars (g)	11.8 g	2 g
Protein (g)	38.1 g	6.4 g
Salt (g)	2.1 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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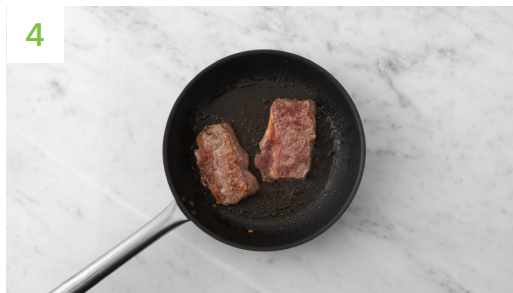


You can recycle me!



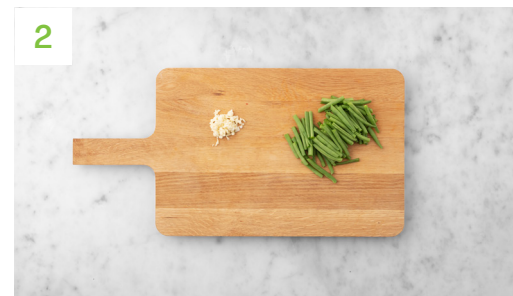
Cook the Wedges

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm wide wedges (no need to peel) then pop onto a lined baking tray.
- Toss with **Middle Eastern spice, salt, pepper** and a drizzle of **oil**. Spread out in a single layer.
- Roast on the top shelf of your oven until golden, 25-35 mins. Turn the tray halfway through.



Sear the Beef Rump

- Place a pan over high heat with a drizzle of **oil**. Season the **beef** with **salt** and **pepper**.
- Once hot, fry the **beef** until browned, 1-2 mins each side for medium-rare. **IMPORTANT:** Wash hands and equipment after handling raw meat. Meat is safe to eat when outside is browned.
- Cook 1-2 mins more each side for medium and an extra 1-2 mins each side for well done.
- Once done, remove from pan and spread the **harissa paste** over the top.
- Cover and allow to rest.



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).



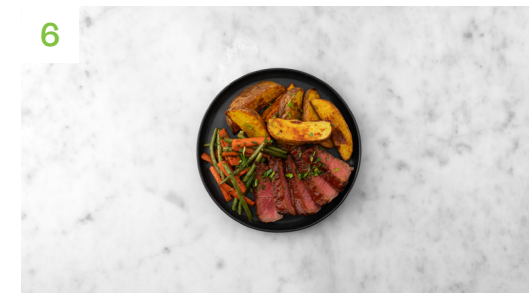
Fry Your Veg

- Return the pan to medium-high heat with a drizzle of **oil** and 1 tsp **butter** (double for 4p).
- Stir in the **garlic**, lower the heat to medium and cook for 1 min. Add the **peas** a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins.
- Add the cooked **carrots** and **half** the **parsley** to the pan and toss to coat.
- Season to taste with **salt** and **pepper**.



Roast the Carrot

- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- Pop onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer.
- Roast until tender, 20-25 mins. Turn the tray halfway through.



Garnish and Serve

- Thinly slice the **beef rump** and plate up with the **potato wedges, carrots** and **peas** alongside.
- Drizzle over any juices from the resting **beef**.
- Garnish with a sprinkle of the remaining **parsley**.

Enjoy!