



Harissa Spiced Beef Rump

with potato wedges and herby carrots

40 – 45 mins • **Spicy**

20



Beef Rump



Garlic



Harissa Paste



Parsley



Carrot



Potatoes



Middle Eastern
Style Spice Mix



Green Beans



Honey

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



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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

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
Green Beans	75 g	150 g
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	577 g	100 g
Energy (kJ/kcal)	2527.1 kJ/ 604 kcal	438 kJ/ 104.7 kcal
Fat (g)	22.3 g	3.9 g
Sat. Fat (g)	8.9 g	1.5 g
Carbohydrate (g)	70 g	12.1 g
Sugars (g)	11.7 g	2 g
Protein (g)	35.4 g	6.1 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.

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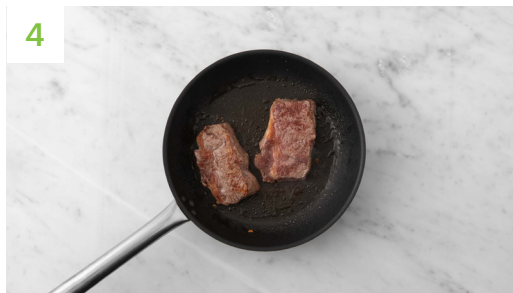


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Cook the Wedges

- 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.
- Remove from the pan, cover and allow to rest.



Get Prepped

- Meanwhile, trim the **green beans**.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).
- Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



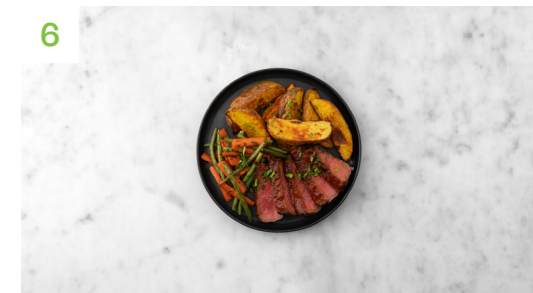
Make the Sauce

- Return the pan to medium-high heat with ½ tbsp **butter** (per 2P).
- Add the **harissa paste** and **honey** and cook until warmed through, 1-2 mins.
- Add a splash of **water** to loosen if required.
- Season to taste with **salt** and **pepper**.



Roast the Veg

- Pop the **carrot** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **garlic, salt** and **pepper** and toss to coat. Spread out in a single layer.
- Roast until tender, 20-25 mins.
- When the **carrot** has been cooking for around 10 mins, remove the tray from the oven and arrange the **green beans** alongside.
- Drizzle with **oil** and return to the oven for the remaining time, 12-15 mins.



Garnish and Serve

- Thinly slice the **beef rump** and plate up with the **potato** wedges, **carrots** and **green beans** alongside.
- Drizzle the hot **honey** sauce over the **beef**.
- Garnish with a sprinkle of **parsley**.

Enjoy!