



Harissa Spiced Beef Rump

with potato wedges and herby carrots

40-45 mins • Spicy

1



Beef Rump



Garlic



Red Wine Vinegar



Harissa Paste



Parsley



Carrot



Potatoes

Pantry Items: Oil, Salt, Pepper, Butter

Before you start

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

Cooking tools you will need

Grater, Aluminum Foil, Baking Sheet with Baking Paper

Ingredients

	2P	4P
Beef Rump	250 g	500 g
Garlic	1 unit	2 units
Red Wine Vinegar	1 sachet	2 sachets
Harissa Paste	1 sachet	2 sachets
Parsley	5 g	10 g
Carrot	2 units	4 units
Potatoes	3 units	6 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	517.5 g	100 g
Energy (kJ/kcal)	2175.7 kJ/ 520 kcal	420.4 kJ/ 100.5 kcal
Fat (g)	18.6 g	3.6 g
Sat. Fat (g)	6.5 g	1.3 g
Carbohydrate (g)	54.3 g	10.5 g
Sugars (g)	10.5 g	2 g
Protein (g)	33.5 g	6.5 g
Salt (g)	1.3 g	0.3 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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Cook the Wedges

- Preheat your 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.
- Drizzle with **oil** then season with **salt** and **pepper**. Toss to coat.
- Spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Make the Dressing

- Once the **beef** is cooked, transfer to a plate.
- Spread the **harissa paste** evenly over the top with a spoon.
- Cover with foil and leave to the side to rest.
- To a bowl, add the **red wine vinegar** along with 1 tbsp **oil** (double for 4p) and **half** the **parsley**.
- Season to taste with **salt** and **pepper**, mix well then set aside.



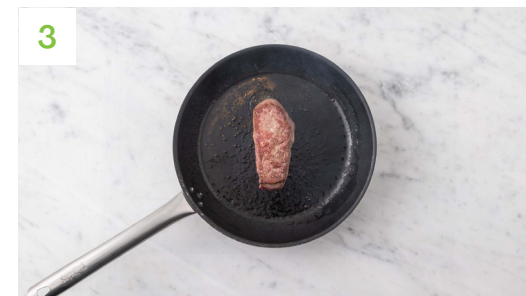
Get Prepped

- Meanwhile, 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. Pop onto a large (lined) baking tray.
- Drizzle with **oil**, season with a pinch of **salt** and **pepper** then toss to coat.
- Spread out in a single layer and roast until tender, 20-25 mins. Turn halfway through.



Cook Your Veg

- Return the pan to a medium-high heat with another drizzle of **oil** and 1 tsp **butter** (double for 4p).
- Add the **garlic** and fry for 30 secs, until fragrant.
- Remove from the heat and add the cooked **carrots** to the pan along with the **parsley** dressing.
- Toss to coat.



Fry the Beef Rump

- Place a large pan over high heat with a drizzle of **oil**. Season the **beef** with **salt** and **pepper**.
- When the pan is hot, fry the **beef** until browned, 1-2 mins each side for medium-rare. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Cook 1-2 mins more each side for medium.
- Once ready, remove from pan, cover with foil and allow to rest. **Meat** is safe to eat when outside is browned.

TIP: Cook for a further 1-2 mins on each side for a more well-done result.

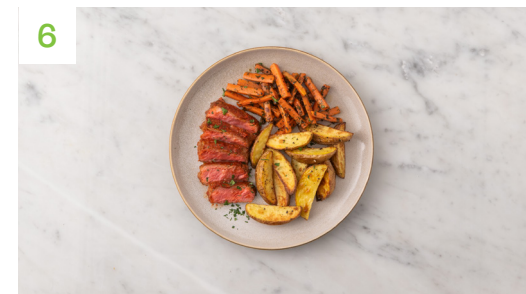


Plate and Serve

- Thinly slice and divide the **beef rump** between plates with the **potato** wedges and **carrots** alongside.
- Drizzle over any juices from the resting meat.
- Garnish with a sprinkle of the remaining **parsley**.

Enjoy!