

DINNERLY



BBQ Beef Rump Steaks and Sweet Potato with Tex-Mex Bean Salad and Smoky Aioli



25 minutes



2 Servings

When you've waited all winter to get barbecuing, you may as well do it in style, and this PLUS recipe totally fits that bill with its Tex-Mex flavour theme. Chargrilled sweet potato slices, a vibrant black bean salad and capsicum salad, plus indulgent dollops of smoky aioli mayo are perfect accompaniments for our beef rump steaks, the absolute stars of the show!

WHAT WE SEND

- 2 small sweet potatoes
- 1 capsicum
- 1 spring onion
- 380g black beans
- 10g smoky barbecue seasoning²
- 20ml worcestershire sauce
- 2 beef rump steaks
- 50g smoky aioli¹

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 1½ tbs olive oil
- 2 tsp balsamic or red wine vinegar
- 1 tsp sugar

TOOLS

- barbecue (optional)
- metal spatula
- tongs

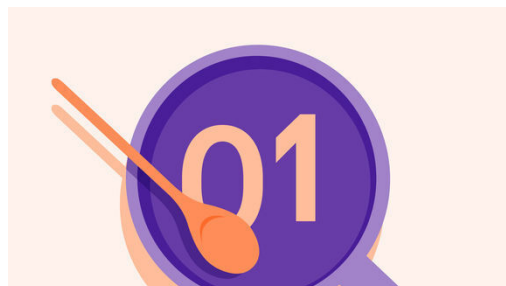
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Egg (1), Sulphites (2). May contain traces of other allergens.

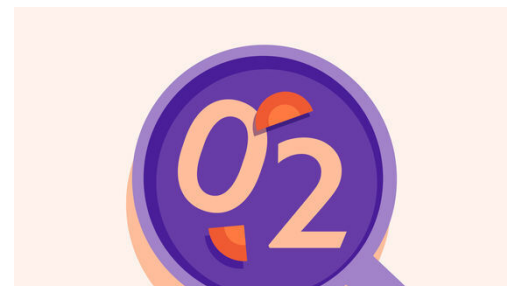
NUTRITION PER SERVING

Energy 725kcal, Fat 39.5g, Carbs 47.6g, Protein 40.5g



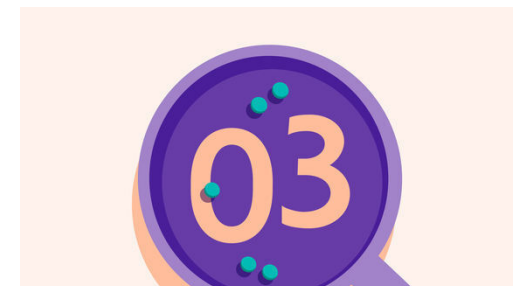
1. Prep ingredients

Preheat the barbecue grill to high (see Don't have a barbie?). Thinly slice the **unpeeled sweet potatoes** into rounds. Finely chop the **capsicum**. Thinly slice the **spring onion**. Drain and rinse **half the black beans***. Put the sweet potato in a bowl, drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to coat.



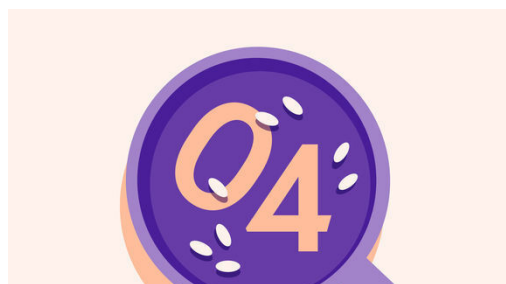
2. Make bean salad

Combine **half the barbecue seasoning**, **half the worcestershire sauce***, **2 tsp olive oil**, **2 tsp balsamic vinegar** and **1 tsp sugar** in a large bowl. Add the **capsicum**, **spring onion** and **beans** and stir to combine. Taste, then season with **salt and pepper**.



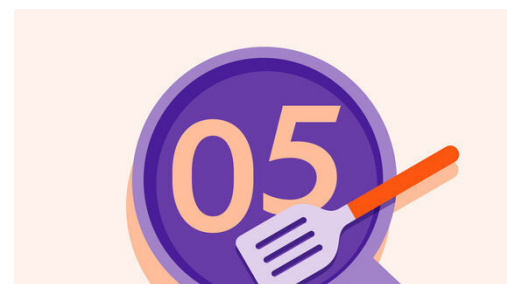
3. Barbecue sweet potato

Reduce the barbecue grill to medium-high and cook the **sweet potato** on the grill for 6-7 mins each side until tender. Remove from the grill.



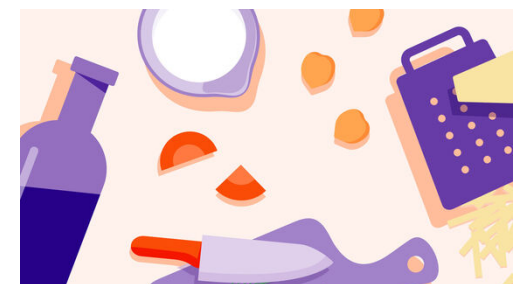
4. Barbecue steaks

Meanwhile, drizzle the **steaks** with **2 tsp olive oil**, scatter with the **remaining barbecue seasoning**, season with **salt and pepper** and turn to coat. Cook the steaks on the barbecue grill for 2-3 mins each side for medium-rare, or until cooked to your liking. Remove from the grill and rest for 3 mins.



5. Serve up

Divide the **steaks**, **sweet potato** and **bean salad** among plates, dollop with **smoky aioli** and enjoy!



6. Don't have a barbie?

No worries, you can use a chargrill pan or frypan over high heat – just adjust the cook times!