



Everything But The Chef

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Pepper Steak with Potato Salad

Back by popular demand, our peppercorn crust pulls no punches. It's time for this seasoning to shine, as you enjoy hints of citrus, mustard and even sweetness pepper can offer. We've softened the blow with our creamy potato salad - crunchy snow peas and parsley will keep you from breathing fire. HelloFreshers, it's time to earn your crust.

- Prep:** 10 mins
- Cook:** 30 mins
- Total:** 40 mins
- level 2**
- high protein**
- outdoor eating**
- low sodium**

Pantry Items



Olive Oil Mayonnaise



Dijon Mustard



Potatoes



Mixed Peppercorns



Beef Rump Steaks



Snow Peas



Spring Onions



Parsley

2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces
1 tbs	2 tbs	olive oil *
2 tsp	1 tbs	mixed peppercorns
2 steaks	4 steaks	beef rump
1 bag	2 bags	snow peas, trimmed & destrung
1 tbs	2 tbs	whole egg mayonnaise *
1 tsp	2 tsp	Dijon mustard *
1 bunch	2 bunches	spring onions, finely sliced
½ bunch	1 bunch	parsley, roughly chopped

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2070	Kj
Protein	46.6	g
Fat, total	17.5	g
-saturated	5	g
Carbohydrate	34.5	g
-sugars	5.2	g
Sodium	224	mg

Measuretool

0 cm	1 cm	2 cm

3a



You will need: chopping board, chef's knife, baking paper lined oven tray, spice grinder or mortar and pestle, pastry brush, large frying pan, two plates, aluminium foil, small saucepan, strainer and large bowl.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **potatoes** in half of the **olive oil** and season with **salt** and **pepper**. Place on the prepared tray and cook in the oven for **30 minutes** or until golden and tender.

3b



3 Meanwhile, roughly crush the **mixed peppercorns** in a spice grinder or mortar and pestle. Transfer to a plate and season with a good grind of salt. Lightly brush the **rump steak** with a dash of olive oil and press into the crushed peppercorns to coat on one side only.

4 Heat the remaining olive oil in a large frying pan over a medium-high heat. Add the steaks, crust side down, and cook for **3 minutes** on each side for medium rare, or until cooked to your liking. Cooking times may vary depending on the thickness of your steak. Transfer to a plate and cover with foil to keep warm. Rest for **5 minutes**.

4



5 Bring a small saucepan of water to the boil. Add the **snow peas** and blanch for **1 minute** or until just tender. Drain.

6 Meanwhile, combine the **whole egg mayonnaise** and **Dijon mustard** in a large bowl then fold through the potato, **spring onion**, snow peas and **parsley**. Season with salt and pepper.

7 To serve, divide the steak and potato salad between plates.

6



Did you know? Pepper is actually a fruit! It's cooked in boiling water when unripe, then dried for several days before it resembles the pepper we all know and love!