



Beef Rump & Rocket-Cherry Tomato Salad

with Dijon Mashed Potato & Garlic Butter

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Dijon Mustard



Garlic



Snacking Tomatoes



Beef Rump



Spinach, Rocket & Fennel Mix



Shaved Parmesan Cheese



Salmon

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me First

With its perfect proportions and superstar ingredients, your average steak, salad and mash, has levelled up! In this number, Dijon mustard is laced through creamy mashed potatoes, while the salad welcomes snacking tomatoes and spinach, rocket and fennel into the mix. And what is steak without a dollop of garlic butter, we couldn't not!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Milk, Honey, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	30g	60g
milk*	2 tbs	¼ cup
Dijon mustard	1 packet	2 packets
garlic	3 cloves	6 cloves
snacking tomatoes	1 punnet	2 punnets
beef rump	1 small packet	1 large packet
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
spinach, rocket & fennel mix	1 medium bag	1 large bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
salmon**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2126kJ (508Cal)	410kJ (98Cal)
Protein (g)	41.3g	8g
Fat, total (g)	25.8g	5g
- saturated (g)	13.1g	2.5g
Carbohydrate (g)	26.3g	5.1g
- sugars (g)	5.5g	1.1g
Sodium (mg)	432mg	83mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2722kJ (651Cal)	536kJ (128Cal)
Protein (g)	39.9g	7.9g
Fat, total (g)	41.9g	8.2g
- saturated (g)	15.7g	3.1g
Carbohydrate (g)	27.8g	5.5g
- sugars (g)	5.5g	1.1g
Sodium (mg)	398mg	78mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Cook the potato

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.
- Add half the **butter**, the **milk** and **Dijon mustard** to potato. Mash until smooth. Cover to keep warm.



Cook the beef

- See 'Top Steak Tips!' (below)**. Place **beef rump** between two sheets of baking paper.
- Pound **beef** with a meat mallet or rolling pin until slightly flattened (this helps the beef stay tender!). Season **beef** with **salt** and **pepper**.
- Return frying pan to high heat with a drizzle of **olive oil**. When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

Custom Recipe: If you've swapped to salmon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Pat the salmon dry and season both sides. When the oil is hot, cook the salmon, skin-side down first, until cooked through, 2-4 minutes each side.

Top Steak Tips!

- Use paper towel to pat steak dry before seasoning.
- Check if steak is done by pressing on it gently with tongs - rare steak is soft, medium is springy and well-done is firm.
- For ultimate tenderness, let steak rest on a plate for 5 minutes before slicing.



Get prepped

- While the potato is cooking, finely chop **garlic**. Halve **snacking tomatoes**.
- In a small bowl, add the remaining **butter** and allow to come to room temperature.



Toss the salad

- In a large bowl, combine the **honey** with a drizzle of the **white wine vinegar** and **olive oil**. Add **snacking tomatoes**, **spinach**, **rocket & fennel mix** and **shaved Parmesan cheese**.

Little Chefs: Take the lead by combining the ingredients for the dressing and assembling the salad.



Make the garlic butter

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic** until fragrant, **1 minute**.
- Transfer to bowl with the softened **butter**. Stir to combine, then set aside.

TIP: If the butter is too hard, leave to warm up and combine later!



Serve up

- Toss salad. Slice steak.
- Divide beef rump, Dijon mashed potato and rocket-cherry tomato salad between plates.
- Dollop a spoonful of garlic butter over the steak to serve. Enjoy!

Little Chefs: Add the finishing touches by tossing the salad and dolloping over the garlic butter!

Custom Recipe: Divide seared salmon between plates. Dollop a spoonful of garlic butter over the salmon to serve.

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