



Seared Beef Rump & Parmesan Sauce

with Sweet Potato Mash & Tomato Salad

NEW

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Beef Rump



Savoury Seasoning



Light Cooking Cream



Parmesan Cheese



Tomato



Mixed Salad Leaves



Flaked Almonds



Diced Bacon

Prep in: 10-20 mins
Ready in: 25-35 mins



Carb Smart*

*Custom recipe is not Carb Smart

Any good meal has to have the right trifecta of components. As you'll see here, we've provided you with the perfect example; savoury seasoned beef, sweet potato mash and a tomato salad. Oh and because we are extra sweet, we've added a sharp Parmesan sauce to tie it all together.

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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
sweet potato	2	4
butter*	20g	40g
beef rump	1 small packet	2 small packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
light cooking cream	1 medium packet	1 large packet
Parmesan cheese	1 medium packet	1 large packet
tomato	1	2
mixed salad leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2529kJ (604Cal)	481kJ (115Cal)
Protein (g)	42.5g	8.1g
Fat, total (g)	32.4g	6.2g
- saturated (g)	17.7g	3.4g
Carbohydrate (g)	35.6g	6.8g
- sugars (g)	16.6g	3.2g
Sodium (mg)	702mg	133mg
Dietary Fibre (g)	8g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2917kJ (697Cal)	511kJ (122Cal)
Protein (g)	49.4g	8.7g
Fat, total (g)	39.2g	6.9g
- saturated (g)	20.3g	3.6g
Carbohydrate (g)	36.4g	6.4g
- sugars (g)	17.1g	3g
Sodium (mg)	1133mg	198mg

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



Make the sweet potato mash

- Boil the kettle. Half-fill a medium saucepan with boiling water. Peel **sweet potato** and cut into bite-sized chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain and return to the pan.
- Add **butter** to sweet potato and season generously with **salt**. Mash until smooth. Cover to keep warm.



Make the sauce

- Wipe out frying pan then return to medium heat.
- Add **light cooking cream** and **Parmesan cheese**.
- Cook until slightly thickened, **1-2 minutes**. Season with **salt**, then stir through a generous pinch of **pepper**.

Custom Recipe: If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Add light cooking cream and continue with step as above.



Cook the beef

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a meat mallet or rolling pin until slightly flattened.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef**, turning, for **3-6 minutes** (depending on thickness), or until cooked to your liking.
- In the **last minute** of cook time, sprinkle **savoury seasoning** over the beef, turning to coat. Transfer to a plate to rest.

TIP: If your beef rump is more than 3cm thick, cut in half horizontally before pounding for a shorter cook time.



Serve up

- Roughly chop **tomato**. In a large bowl, combine tomato, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season to taste.
- Slice beef.
- Divide seared beef rump, sweet potato mash and tomato salad between plates.
- Spoon creamy Parmesan sauce over the beef and garnish with **flaked almonds** to serve. Enjoy!

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