



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



Parmesan Cheese



Beef Rump

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



Carb Smart*

*Custom recipe is not Carb Smart

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, 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	60g	120g
milk*	2 tbs	¼ cup
Dijon mustard	1 packet	2 packets
garlic	1 clove	2 cloves
snacking tomatoes	1 punnet	2 punnets
beef rump	1 small packet	2 small packets OR 1 large packet
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
spinach, rocket & fennel mix	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
beef rump**	1 small packets	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2620kJ (626Cal)	478kJ (114Cal)
Protein (g)	42g	7.7g
Fat, total (g)	38.3g	7g
- saturated (g)	21.3g	3.9g
Carbohydrate (g)	27.3g	5g
- sugars (g)	6.7g	1.2g
Sodium (mg)	486mg	89mg
Dietary Fibre (g)	7.1g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3295kJ (787Cal)	472kJ (112Cal)
Protein (g)	72.6g	10.4g
Fat, total (g)	42.5g	6.1g
- saturated (g)	22.8g	3.3g
Carbohydrate (g)	27.3g	3.9g
- sugars (g)	6.7g	1g
Sodium (mg)	552mg	79mg
Dietary Fibre	7.1g	1g

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



2024 | CW07

1



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**, **milk** and **Dijon mustard** to potato. Mash until smooth. Cover to keep warm.

3



Cook the beef

- Place **beef rump** between two sheets of baking paper. Pound **beef** with a rolling pin until slightly flattened. 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.

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

Custom Recipe: If you've doubled your beef rump, prepare as above and cook beef in batches for best results.

2



Get prepped

- Meanwhile, finely chop **garlic**. Halve **snacking tomatoes**.
- In a small bowl, place the remaining **butter** and allow to come to room temperature.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic** until fragrant, **1 minute**.
- Transfer to bowl with the **softened butter**. Mash to combine, then set aside.

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

4



Toss the salad & serve up

- In a large bowl, combine the **honey** with a drizzle of **vinegar** and olive oil. Add snacking tomatoes, **spinach, rocket & fennel mix** and **Parmesan cheese**. Toss to combine. Season.
- Slice steak.
- Divide beef rump, Dijon mashed potato and rocket-cherry salad between plates.
- Dollop a spoonful of garlic butter over steak to serve. Enjoy!

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

Rate your recipe

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