



Succulent Beef Rump & Caesar-Style Salad

with Herby Potatoes & Wholegrain Mustard

FAST & FANCY

Grab your Meal Kit with this symbol



Beef Rump



Herb & Mushroom Seasoning



Roasted Potatoes with Garlic Herb Butter



Baby Cos Lettuce



Cucumber



Caesar Dressing



Parmesan Cheese



Wholegrain Mustard

Prep in: 15-25 mins
Ready in: 20-30 mins

Carb Smart

This fun, fresh and fast meal is nothing short of fancy. With succulent beef rump sprinkled with our new fave herb and mushroom seasoning and some stellar sides; caesar-style salad and garlic-herb potatoes, your mouth will be watering before the meal hits the plate.

Pantry items

Olive Oil

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beef rump	1 small packet	2 small packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
roasted potatoes with garlic herb butter	1 medium packet	1 large packet
baby cos lettuce	1 head	2 heads
cucumber	1	2
caesar dressing	1 packet	2 packets
Parmesan cheese	1 medium packet	1 large packet
wholegrain mustard	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2327kJ (556Cal)	529kJ (126Cal)
Protein (g)	41.8g	9.5g
Fat, total (g)	30.1g	6.8g
- saturated (g)	8.4g	1.9g
Carbohydrate (g)	26.8g	6.1g
- sugars (g)	5.6g	1.3g
Sodium (mg)	1844mg	419mg
Dietary Fibre (g)	10.6g	2g

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](https://www.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



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1



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. Sprinkle evenly with **herb & mushroom seasoning**.
- 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. 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.

3



Make the salad

- In a large bowl, combine **cucumber**, **cos lettuce** and **caesar dressing**.
- Toss to coat and season to taste.

Top Steak Tips!

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

2



Heat the potatoes and get prepped

- Prick a few holes in **roasted potatoes with garlic herb butter** container. Microwave **potatoes** until soft and steaming, **4-5 mins**.
- Meanwhile, roughly chop **baby cos lettuce**.
- Thinly slice **cucumber** into rounds.

4



Serve up

- Slice beef.
- Divide herby potatoes, caesar-style salad and seared beef between plates.
- Sprinkle **Parmesan cheese** over salad. Serve with a dollop of **wholegrain mustard**. Enjoy!

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